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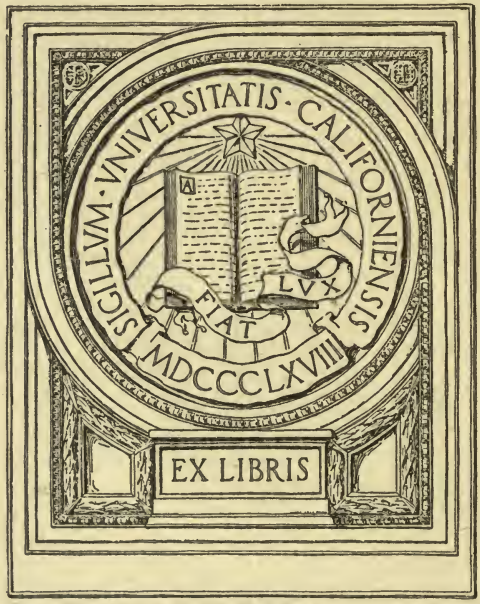

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May. 15th, 1919

With the cordial
thoughts of the author

Sincerely yours,
Harry Gaze

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LIFE, YOUTH AND SUCCESS

Constructive Psychology from A to Z
An Alphabet of Affimation

By
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"Perpetual Life and Efficiency Series", etc.

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LIFE, YOUTH AND SUCCESS

ABILITY

Ability is the practical realization of our inherent ability to be and to do that which the mind truly conceives, desires and wills. Ability is within; we need to draw it out by expression. We can live lives of ability and power by the cultivation of our inner powers. Know that you have *inherent* ability. This statement is true to the principle of your life. Exercise the light of your intuition as well as your reason to discover and to develop your desired abilities. Be fully assured that you can and will be an individual of marked ability and talent in all chosen directions. Utilize your affirmative power by inspired and intelligently directed activities.

ABSOLUTE

The Absolute is divine, perfect, unchanging Being. It is the Supreme Reality of the Universe. It is Almighty God. It is Infinite

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Life, Love and Wisdom. It is the same "yesterday, to-day and forever."

The most majestic thought ever conceived by man is that when our minds dwell on the thought of the Absolute perfection as Life, Love, Truth, Joy, Wisdom and Beauty, and we realize our unfailing oneness with this Power in the Reality of being, that these principles are expressed in our lives. We awaken to find, therefore, that we are eternally living, loving, truthful, joyous and wise beings.

ABUNDANCE

Abundance is the divinely natural order of life, for life is super-abundant. We live in a rich and opulent universe, and through our full attunement with the realm of reality, we will unfailingly express abundance. Thinking abundance, we will live the abundant life in all respects. This is the Christ message to mankind. The Truth comes "that ye might have life, and that ye might have it more abundantly." The foundation of an assured abundance is a firm understanding of the essential Reality of abundance, so that the en-

tire being is permeated with the magnetic and radiating power of this true conviction.

ACTIVITIES

Let us consider the word activities in connection with affirmation. By activities in the sense here used, is meant the particular actions or conditions we employ in immediate fulfillment of the power inspired by affirmation.

As a result of positive affirmation, we are buoyed up to a high and creative attitude of mind. While the vitalized emotion is strong, we may seize upon the advantage by some noble initiative.

There is sound philosophy embodied in the idea, "God helps those who help themselves!" By combining the constructive, inspiring affirmations with wisely chosen activities, much practical good can be accomplished. Some have found it a great help to arrange a series of affirmations and appropriate activities in advance for a week or month and it is splendid development for the will to carry them out as planned. Of course, the formally arranged affirmation and activities will be only supplementary to those that the more immediate

occasion and inspiration suggests. For example, the activity might be a health exercise of dancing, athletics, running, bending, stretching, to follow a health affirmation. To follow an affirmation of ability, one might proceed to practice the desired art. While the incentive is at white heat, sing, speak, write, construct, or invent, etc., (See Affirmation.)

ADJUSTMENT

In the light of the new psychology, the pathway to all adjustment is made clearer, and the result is far more perfect. In adjustment between individuals, the first thing is to know that in the divine mind there is the power and wisdom to perfectly adjust every situation that can possibly arise. Seeking for the points of agreement is an essential method in the new order of life. One should frequently affirm that all affairs, internal and external, individual and social, will grow into more and more perfect adjustment. We bring about this more perfect adjustment when we exercise our true power of perception, and look for an "inside" vision of things.

ADVANCEMENT

Advancement is the inevitable forward movement that will follow ideals of progress, betterment, and initiative steadily held in the mind. Life should manifest perpetual advancement. One should constantly seek to excel his own previous standard of thought, word, and action.

Our ideals expand by keeping our thoughts young and progressive. Keeping alive our ideals produces steady advancement in all departments of existence.

AFFIRMATION

In the attainment of health, happiness, success and continuous unfoldment of life toward higher standards of expression, one of the most effective and pleasing methods used is that of affirmation.

Affirmations consist of ideal statements made silently or audibly for the purpose of heightening the degree of realization of the truth expressed in them. Psychologically, the effect is to convey an adequate suggestion to the subconscious mind, and ensure that its

powerful and constant activities will be engaged toward the fulfillment of the ideal.

In an affirmation, the individual overlooks the prevailing conditions to contemplate and announce the ideal he desires to embody. Whatever the outer appearance, he affirms the verity of his health, happiness or success in spiritual Reality, or in another mode of affirmation, his inherent power to achieve the desired states.

Affirmations may, therefore, be divided into two principal classes. One of these, we may designate the method of Absolute Affirmation. The other method may be known as Relative Affirmation.

Absolute Affirmations are made from a consideration of the divine and perfect Principle of Being. From this standpoint the individual may affirm, "In divine Reality, I am strong, well, young, successful," and so forth.

Relative Affirmations are made from the standpoint of the relative, the realm of differentiation, change, contrast and progress. In this form of affirmation, the individual might say, for example: "I realize that the power is

within me to be strong, well, young and successful, and I am now growing to express this power." One might simply say, "I am constantly becoming healthier, stronger, younger and more successful."

It will be clearly seen that absolute affirmation is based on the idea of *Being,* and the relative affirmation on the basis of *becoming.*

Both absolute and relative affirmations have splendid value. The important consideration is that they should be made understandingly. When making the absolute statement, one should know that he is speaking the perfect truth concerning his divine being, and that his consciousness of this truth will adjust and harmonize the outer conditions. Whatever additional activities or conditions may be essential to the consummation of his ideal, he will be inspired to follow. In making the relative affirmations in terms of becoming, the affirmer should know that he is not seeking to establish the Good, already created, but to bring the Good into Manifestation in the condition desired.

The power of affirmation depends primarily on your realization of the Omnipresent and Omnipotent Good, as a present and eternal reality. The real purpose of our lives is to bring the latent Good into external evidence. In other words, affirmation is a power to manifest the inner power or perfection in a form in which it can be made visible, and then tangibly utilized. Affirmation is stating the *real* Truth to make it *actual* or manifest.

The power of affirmation is based upon the fact that the inner, essential life of man is perfect "in the image and likeness of God."

AGREEMENT

Agreement, psychologically considered, represents the act of blending two or more minds in any attainment. Healing another is the result of an agreement, silent or expressed, that the result of the chosen exercises shall be good health.

In agreement, there is freedom, progress and power. "Where two or three are gathered together in my name, there am I, and that to bless." Thus veritable miracles may be

wrought through agreement made in the sacred name of Truth.

ALCHEMY

Life is divine alchemy. The Master Alchemist within us is constantly transmuting the elementary material into the substance of life and beauty. The apple you eat receives the power of your subconscious transmutation into flesh and blood. The lily growing up out of the earth is a precious symbol of alchemy for all to consider. "Consider the lilies." Turning the water into wine is a symbol of transmutation and regeneration. We can consciously co-operate with the alchemical power, and with wise thought, imbued with creative force of love, transmute the body to eternal health. We may transmute simple secretions of internal glands into the elixir of life.

What more divine alchemy can one imagine than that of "the word made flesh." Yet this alchemy is at all times possible whenever the "I am that I am" is understandingly realized. In the thought and knowledge of at-one-ment with God, there is everlasting life and youth.

ANTICIPATION

Persistent anticipation is a formation in invisible elements of power of the condition we anticipate or look forward to. We tend to attract into our lives the conditions we habitually or intensely anticipate. A resolute endeavor, therefore, should be made to turn our anticipations in increasingly constructive directions. Anticipate the good, affirm the good, and act in accordance with the good, and you make it inevitable. Live in the anticipation of seeing your life grow brighter, healthier and happier with the advancing years. Anticipate only increase of energy, power and wisdom.

AT-ONE-MENT

At-one-ment is the highest state of mind for it is that in which we are consciously at one with the Divine Life. Ultimately, we will come into a consciousness of at-one-ment with all life. There is one life, but an infinite variety of manifestations. To realize the underlying unity of all life will bring us into harmony with the Supreme Source from which all Life, Power, and Wisdom flow.

The exquisitely divine prayer of the world's greatest teacher was "that ye may be one with the Father even as I am one with the Father."

The reason why you should love your neighbor *as yourself,* is because he *is yourself!*

ATMOSPHERE

We can charge our mental atmosphere with etheric vibrations of love, life, happiness and power by thinking corresponding thoughts and directing all our activities in the light of these thoughts. Everyone should express a healing, helpful, spiritual atmosphere. People will love to do business with you if you carry a mental atmosphere of sincerity and success. One secret of superb achievement is to have the right qualities established in your thought atmosphere. In this state, you are a radio station from which only the Good circulates.

ATTRACTION

The Law of Attraction is that principle by which we attract into our lives the people, the conditions and the events with which we have established inner correspondences or relationships.

We are living in a universe of law and order, where nothing ever happens. There is a reason for everything.

When we have organized the right inner correspondences, we attract whatever we need to perfect, enrich and beautify our lives. It naturally follows that our principal activity should be the development of correct mental attitude. As one builds up within himself a consciousness of the Infinite Supply, and thinks richly and generous both in respect to himself and others, he becomes a veritable magnet to which prosperity is irresistibly drawn. When one builds up an interior state of love and good will to all men, and realizes the universe, rightly interpreted, to be a psalm of love, he becomes a magnet to attract into his society and glad, reciprocal service, those who love and honor him. Similarly, healthful thoughts and wholesome emotions form a perfect and acceptable invitation to all the hosts of health to live and abide with him.

You surely bring into the vortex of your life, with perfect attraction, all that you have organized consciousness to relate with. Every

active element of the universe is hurrying to meet the call of some force to which its motion is a response.

The Law of Attraction is another name for Deity. This is equivalent to saying, "God is Love." Because this divine Love-force pervades the universe, the Law of Attraction is everywhere operative.

ASK

"Ask and ye shall receive" is a scientific statement, and rightly realized would reveal satisfaction and supply for everyone.

ATTITUDE

The secret of health, happiness and success and unfoldment is to have the right attitude to life. The right attitude to life is one of affirmation, construction and praise. Miracles can be achieved by the attitude of will, work and worship. The prime requisite of all attainment is the true attitude of mind.

The true attitude toward yourself is wisely expressed by Shakespeare, "To thine own self be true," and the true attitude toward others is divinely indicated by Jesus who said, "Love

thy neighbor as thyself." Our attitude toward all the issues of life should be scientific optimism, resolute determination and generous good-will.

ATTENTION

Practical psychology teaches us that our experience consists of the things to which we give attention. This reveals vistas of possibilities. With the power of our attention brilliantly focussed upon health and strength, both in abstract conception and concrete illustration, we draw the elements of health and strength into our lives. Our minds are filled with health images, and our bodies express the composite pattern. As we give habitual attention to joyous thoughts, joyous emotions, events and scenes of joy, we become the embodiment of this joyousness. The world in which each individual really lives is the circle of conditions he includes within the area of his attention. The power of attention should be earnestly nurtured so that we give any desired ideal the devotion essential to its accomplishment.

ATTAINMENT

Attainment of the highest order is the suc-

cess won by wisely blending vision, faith and work.

The power of attainment is within us. Whatever one can make an adequate, consistent and persistent ideal of can be realized. As Longfellow says,

> "Lives of great men all remind us
> We can make our lives sublime."

We have abundant examples of an inspiring character to encourage us from all history. Best of all, we have a living principle of success, inherent in the constitution of our being, which we may realize as the foundation of true attainment. Let us ever press forward to finer and nobler attainment. However brilliant the attainment of to-day, there is Infinite Power and Inspiration to draw from for new achievement.

ATTUNEMENT

By thinking thoughts of love, harmony and good will, our lives may be attuned with the Infinite Harmony. We may be assured that at the centre of life there is eternal harmony.

As revelations, in degree, of the inner harmony, constructive music, art, literature, drama

and oratory will all provide pleasing and helpful suggestions of this attunement. Our lives are like fine harps responding to delicate attunement, and the perfect unison will be found within, in communion with the Divine. The Silence is a rich aid to this realization of harmony. Each life attuned to wisdom and to truth will breathe a melody to all the world.

BEAUTY

The Source of Beauty is within, and is the birthright of every individual. The manifestation of this beauty is assured when one's thoughts are strong, pure and harmonious, one's emotions wisely selected and expressed, and the objective conditions of life thoughtfully chosen to correspond with the inner light and beauty.

With an understanding and practice of the principles of rejuvenation and perpetuation of life taught in this volume, beauty will increase with the progress of the years. One will possess a beauty which expresses the health and wholeness of mind and body in ever increasing degree of excellence.

BIRTH

Birth is the appearance into the world of new life, and life is constant birth. In every moment, birth is active in each individuals being. In the full realization of this thought, we will see and accept the opportunity to be born with the quality of mind and the quality of body we desire.

"Genius is born." With the realization of self-birth and present birth, each man can be a born genius. Seeing birth as a present and continuous event, he will spirtually and mentally conceive the desired ideal. He will so effectively, and wisely cultivate it, that he will embody it in due course in his life. This is being born again, and gives access to all powers.

The event we usually name birth is an intensified form of the normal, or constant birth, in which the individual, for purposes of complete re-embodiment, is aided by two others in the sacred office of parenthood. It is in this way, in our present state of unfoldment, that the spiritual continuity of life is manifested in the physical continuity of life. In

the more advanced state of life now attainable by virtue of new knowledge, the normal, or constant birth of the individual will be perfected by his conscious co-operation, making life consciously continuous in eternal youth.

BIRTHDAYS

All days are birthdays to the ever-advancing man. Celebrate them in ever-increasing power, health, ability and happiness. An annual or anniversary celebration should be celebrated in the same joyous spirit and expectation. The memory of the number of years since somatic rebirth is for legal use. The multiplication of the figures to any degree should only enhance the power and beauty of life.

BIBLE

The Bible, rightly understood, is a book of life, being a mighty drama of the evolution of the manifestation of everlasting life.

It is essential that its teachings should be given a vital emphasis and interpretation. It tells the symbolic story of the Creation, of the Edenic lovers in their primitive expression of innocent life, of the effect of man's and wom-

an's inquiring and investigating minds, of the marked evolutionary problems then to be met, of the prophesies of the God-Man to come, of His message of life both abundant and everlasting for all, of His demonstrations of renewal and healing, of the urge given to this attainment by the apostles, and the Revelation of the coming of the New Heaven and the New Earth, and the vision of the Spirit and the Bride inviting all to drink freely of the water of the fountain of life.

BODY

The body of man is a marvelous temple; continuously rebuilding, and therefore susceptible of being molded to richer states of well-being and nobler proportions. Built upon a system of ever changing cells, molecules, atoms and electrons, and connected with a fairy like web of nerves to the center of nerve control, it is most marvelously amenable to mental control. Even the so-called involuntary functions prove to be in the charge of the subconscious mind, the susceptibility of which to suggestion is most marked.

Because of the plastic, mobile, responsive character of the body, and the controlling and formative nature of the mind, we are ideally adapted for the expression of permanent and perfect health, energy and youth.

The Body is the temple of the Holy Spirit, and should be reverenced, blessed, prized and regenerated. The inherent purity and worth of all its functions should be clearly recognized. The body is vitalized and beautified under the radiant force of true appreciation. Commendation of the body has a healing action. The entire body is so intimately related in all its members and parts that a wholesome attitude of mind toward it is essential for its highest welfare.

BREATHING

In addition to the splendid results attained by deep, rhythmical breathing in more perfect oxygenization of the system, and development of the body, it presents remarkable psychological and spiritual possibilities.

Psychological breathing may be described as the act of co-ordinating the breath movements with certain words or affirmations. This serves

to make a most marked impression upon the subconscious mind. It establishes a subconscious association of ideas between the habitual breathing and the concepts of health and life abundant that are thus blended with the special breathing exercises. First the deep, rhythmical breathing should be practiced until it requires the minimum effort to maintain it at its most perfect standard. This may be acquired by systematic practice.

When inhaling, during the period of the psychological practice, one may affirm, for example, "I am breathing in life abundant." Then in exhaling, one may affirm, "I am sending life to all the world." At another time, one might say, "I am filled with poise and power," and while exhaling, "I radiate poise to all." For spiritual meditation, one might affirm, "I am filled with the presence of God" and "I realize my oneness with God." It should of course be realized that this oneness is shared by all.

CAUSE

Practical Metaphysics reveals the most majestic truth of the universe by showing us that

causes are on the invisible plane; that is, invisible to sense perception. The things we usually call causes are effects or conditions.

A rational philosophy of life presents an orderly conception of cause and effect.

All primary causation is in the interior life. When any attainment or thing is desired that calls for special activity, the first step in such activity should be the realization of Oneness with the Source. The second is its formation in the realm of mind through affirmation, visualization and realization. Realize your good is already created; it is a present reality. Affirm that it is manifesting and being drawn into your life. Visualize it by mental imagery as strongly as possible.

This is literally fulfilling the injunction of the scriptures, "Seek ye first the Kingdom of God, and its righteousness, and all these things shall be added unto you."

It will be seen, therefore, there is a certain order of attainment which is essential to success, and that the first step is the spiritual exercise, the second the affirmation and visualization of the thing or condition desired, and then

the doing of whatever is essential in what we know as practical activity to form the outer conditions of supply.

The first step is concerned with *Being,* and the following stages with *doing.* (See Conditions.)

CELLS

As a building may be constructed of a vast number of stones or bricks as units, so the body is composed of cell units. In the body, however, these cells are not only of a large variety, but highly responsive and intelligent. One of the most interesting studies in biology is the psychic life of micro-organisms.

In the body cells are continuously manifesting activity and change. Not only are cells that have served their purpose, or are succeeded by superior cells, constantly passing from the organism, but individual cells are being subject to a constant molecular and atomic renewal.

The processes of cell division, multiplication and rejuvenescence are all most fascinating studies. Earnest consideration of the nature of

these processes reveal a scientific basis for the perpetual maintenance of life.

Voiced psychologically, the cells present the sublime opportunity to the individual in whose bodily commonwealth they live of making them happy. Happy cells make a healthy organism. They respond vitally to love and wisdom, made manifest in all our thoughts, words and acts. This is one of the beautiful opportunities we possess of building the ideal body.

We call the cells physical, yet they are primarily mental. They are amenable to our thoughts and feelings, and we can influence their quality and health. Every cell is vital with new life and power as the principles of life culture are faithfully practiced.

CHARACTER

Character may be wonderfully transformed by the power of affirmation, quickening the desire, and arousing the latent forces of the will. Understanding the responsiveness of the subconscious mind to suggestion, one can readily see how character may be cultivated, for personality is purely plastic to the force

of the awakened spirit. Spiritual character is one vitalized and inspired by conscious communion with the Infinite Spirit.

The ideal character should be cherished in mind, earnestly affirmed and visualized, and the role enacted, with the full realization that the superior attitudes and acts can be made habitual.

One should realize that by virtue of his divine birthright, and his continuous birth-power he can express what he truly desires to be.

CHEERFULNESS

Cheerfulness has an excellent influence upon health, and is a most wonderful contribution to the joy and progress of all humanity. Be cheerful, and it quickly communicates itself to others. In the activities associated with healing, it is a most valuable asset. The way to be persistently cheerful is to possess a philosophy of scientific optimism, based upon the realization of fundamental verities of life. Learn to see the underlying Good in all situations and in all people. See all life's con-

ditions as suggesting opportunities for service and progress.

CHEMISTRY OF MIND

Practical experience has shown us that our thoughts and emotions deeply impress and change the character of our lives. Scientific experiments conducted by Prof. Elmer Gates, while associated with the Smithsonian Institute at Washington, D. C., have brought to light remarkable results in demonstrating the chemical action of emotions in our bodies. These experiments clearly demonstrated the effect of emotion upon the secretions of the body. The various emotions produced chemical substances of characteristic color.

We know now that the quality of the milk that the mother gives to her babe in nursing may through her constructive emotions of love and joy be enriched in its quality. Even our secretions such as saliva and gastric juice, and the secretions of the various internal glands respond vitally and regeneratively to our joy, love and courage.

CHRIST

Christ is the Eternal Truth, and dwells in

the innermost of all. The Christ Power will be expressed when the consciousness has sufficiently unfolded to know its own divine attributes.

The Christ is equally within all from a latent standpoint. All are somewhere on the way to Divine Mastery.

Jesus was known as Jesus the Christ because of His standard of spiritual development. His realization of oneness with the Infinite Father, and His healing radiance, entitled Him to this name.

CONCENTRATION

Concentration is the power to bring the mind to fully center upon the desired subject or object. In new psychology and practical metaphysics it consists of an exercise in which the mind is focussed upon some idea, affirmation or attainment. Concentration is the focus of interested attention.

The first step really consists of an adequate relaxation of mind from the former pursuits. With practice, this may be made virtually instantaneous. "Just let go" is trite advice, but

it expresses the preliminary stage that is essential for deepest concentration.

Ability to grasp the essentials may be defined as one of the prime requisites of concentration. For the time being, let go of all else. The mark of a strong mind is the use of power along essential and constructive lines.

Direct the mind easily to the chosen subject. The word *let* is significant in this connection. Let your mind go fully to the purpose in hand.

Develop all the interest value of your subject. It is astonishing how much of real interest can be drawn from a given subject by a mind intent in doing this. One should affirm the fertility of mind to be interested in every aspect of the subject that is worth while.

The earnest desire to excel is a great aid to concentration on one's work. The work becomes zestful when it is regarded as a method of personal development in addition to the usual accomplishment.

The realization that the natural power to concentrate is within us will aid in concentration. One's attitude should be, "I can and will

concentrate." Concentration is largely a question of habit, and habit is cultivated by persistently doing a certain thing until it becomes second nature.

It is well, in addition to the practice of giving the varied activities of life their rightful attention, to have a special time set apart for definite exercises for the cultivation of Concentration.

By selecting subjects of life-giving and life-inspiring character for these exercises, the power of concentration is both exercised and nourished.

In concentration upon affirmations, one can sustain concentration longer, and make the effect stronger, by alternately emphasizing the important words of the statement. For example: *My* concentrative power is increasing. My *concentrative* power is increasing. My concentrative *power* is increasing. My concentrative power *is increasing.*

In an affirmation of the absolute form one might say: *I* am power! I *am* power! I am *power!*

Visualization or the art of mental imagery is so important a part of concentration that it is given a separate treatment in the alphabetical order of this book.

As the principal object of healing or renewing concentration is to deeply impress the subconscious mind, all affirmations concentrated upon should be most earnestly realized, and made with fervent, heart-felt feeling.

To perfect concentration, one should practice the principles of good health, spiritual, mental and physical. In this way, the whole organism as well as the mind will be clear and free for action.

CONDITIONS

Conditions are the means through which our good is accomplished. It has been explained under the description of cause that when we have properly given attention to the realm of causation, we may then concern ourselves with the conditions. The first great lesson is to learn to *Be*. Then we will *do* our work wisely. Having accomplished our exercises of affirmation and visualization, the mind will be found in a fertile condition to grasp the right idea of

procedure. The right people, the right combination of conditions, will in due time all be found apparently seeking us. Opportunities are then presented that give positive evidence of attunement to the Law of Attraction.

CONFIDENCE

Confidence is one of the greatest essentials of success, especially when it is based upon a realization of our inner resources.

The power of a confident mind is often of a magical character. It inspires trust and confidence in others. A serene, confident mind is a most helpful influence, for self-help as well as help to others.

In the light of the new perception of truth, we have a logical basis for the most perfect confidence. With wells of life and energy to draw upon in the vast subconscious life, and infinite realms of super-consciousness to draw from by inspiration we can live with a confidence of the highest order. Watch among your acquaintances, and you will see the vital, confident man going forward to inevitable advancement.

CONSCIOUSNESS

Our consciousness is the realm of our knowing. Consciousness includes not only what is known as the conscious mind or immediate foreground of consciousness, but a vast region known as subconsciousness which is the storehouse of all our impressions. There are also infinite ranges of consciousness above the normal which we call superconsciousness.

While there is only one mind, we call these planes or departments of consciousness, the conscious mind, the subconscious mind and the superconscious mind. For a more extended description of these planes of mind, the reader is referred to the classification of Mind.

Our entire existence may be said to be bordered by our consciousness. As consciousness rises, our lives are extended in area, complexity and efficiency. The whole history of evolution is the gradual development of consciousness ever manifesting through more complete and perfect form.

We may live as Gods when we include within the scope of consciousness the perception, desire and will toward that divine purpose.

The sublime possibility of extending the border of consciousness infinitely is fully indicated by the majestic statement of the Master, "To *know* God is Life Eternal."

The work of the New Psychology is to create a purely constructive consciousness. The consciousness should be filled with wisdom, love, happiness, youth, and success. The happy states of consciousness by an inevitable law will be expressed in the corresponding conditions in our minds, in our bodies, in our environments and in all our affairs.

CONSTRUCTIVENESS

One of the greatest and most valuable of all arts is the art of Constructive thinking. As Emerson says, "Nerve us with incessant affirmatives. . . . Chant the beauties of the Good!" The New and Higher Psychology of Life stands only for the constructive life in thinking, in conversation, in all arts and in all activities.

The entire world can be transformed by constructive thinking and its natural, manifesting action into a veritable Eden of eternal life and beauty. Men and women under its

divine influence become as Gods and Goddesses. Life is illumined by love and wisdom.

The effect of constructive thinking is immediate, and as the subconscious mind becomes permeated with it, there is a most marvelous re-education and rebuilding.

Definite exercises and regular, systematic training should be planned to make life fully constructive. There should be a perfect willingness to live the one hundred per cent constructive life.

It will be a life of joy. Richer possibilities in happy efficient living will daily unfold. Your constructive thinking will spiritualize your entire being. Your constructive conversation will unfold your divine individuality and make you a man or woman of distinction, worth and sterling character. You will always be well, young and happy, and you will also be strong, efficient and practical. Your life will be a blessing to yourself and a benediction to everyone who comes in contact with you.

The possibilities of the constructive life are altogether fairy-like and glorious, and the say-

ing of the best things imaginable about its virtues to-day always leaves room for something richer as the vision unfolds.

COSMIC CONSCIOUSNESS

Cosmic Consciousness is a state of divine realization in which the unity of the individual with the universal is completely realized. Our perception of the fact, as an abstract truth may be made vital, glowing and radiant by communion in the Silence, by divine affirmation and meditation, and corresponding deeds continuously performed in the spirit of love and wisdom.

CONTROL

Self-control, attained in harmony with fullness of wise expression, is one of the most admirable qualities of life. Think splendid, vital, inspiring thoughts and select your moods and emotions at will.

The body is responsive intelligence. The very cells love to heed the happy command of the constructive individual. Each function and faculty of the life will respond to the majesty of self-control.

The true life of self-control is purely positive. It is a constant advancement of desire and will to that which is nobler, grander and finer.

COURAGE

The quality of courage has a very strong vitalizing effect upon the entire man, his mind, his body and his affairs. When one understands the nature of Reality; knows it as omnipresent and omnipotent good, he will display a remarkable courage, for he will know that in all wise pursuits he is fully protected.

Courage is healing and inspiring; it heartens and vitalizes both mind and body. The highest form of courage is one of principles, wherein the individual maintains the truth even as an individual pioneer. It has been said, "The Truth and one constitute a majority."

CONCEPTION

"Whatever a man can adequately *conceive* of, that he can achieve." The idea should be clear, complete, adequate. It is of great value to round out our ideas into perfect form. This makes them dynamic and powerful, giving

them power to materialize in the conditions and events of life.

This is a practical way of achievement. See that the idea is made clear as crystal. It should stand out luminous and individual in the consciousness. Then it will be an adequate conception.

In the statement on birth, it was explained that birth is continuous through life. It may therefore be said: "As a man adequately conceives himself, so is he born."

The power for self- transformation is clearly indicated. Take the idea or ideal that is worth while and cherish and perfect it, and its fulfillment is sure.

CREATION

Creation is the eternal activity of mind. Creation, which is inner reality, is at all times perfect. Consciousness unfolds gradually to perceive it and to give it expression and form. God's creation always was, is now, and ever will be good. At first we see it in part, interpret it in part, and express it in part. As we see creation face to face, through inspired

perception, we see only the divinely good shining forth.

Our service is to bring the perfect creation into visibility and form; to reveal the power and beauty of God in the mind, body and environment.

DEMAND

Demand, as used in the New Psychology, is the clear, assured, and authoritative asking that is sure to win success. This quality of demand is both firm and reverent. It is poised and harmonious. Health, happiness and success respond to the true demand of the individual, which is vital asking and also the placing of oneself in practical relationship to receive the good. It is a demand from principle instead of from persons. Conditions and persons may be the channels, yet one looks to principle as the cause.

Supply is abundant in the universe. We can win gloriously by perfecting the quality of our demand.

DESIRE

Desire is one of the very important stages

of will action, and the quality of this action naturally requires power and purity of desire.

Desire has been called the prophecy of fulfillment. Inherent desires can be realized. Desires are just as much a part of nature as their actualization. Accept your real desires as an indication of coming good.

The important essential is to wisely interpret one's desires. Think most earnestly what it is that you really desire, rather than what you appear to desire. Also think of the various conditions that the very highest in you suggests that you want in connection with the expression of your real desire.

The true evolution is by an attitude in which we select and express the real desire. Expression is life. Get to the real heart of your desire, and you will find it worthy of frank expression.

Believing with all one's heart in the perfect goodness of inherent and rightly interpreted desire, one will discover that as expression is life, so the expression that is founded on wisdom and love is life everlasting.

DETERMINATION

Fortunes are being won, and life and liberty secured by the invincible power of the determined mind. Having made a wise decision, determination is the requisite state of mind to carry it into effect.

The confident, determined man finds his inevitable pathway to the good. Make the mind sure, certain and positive, and all our habits can be of the constructive and life-giving order. The new habits will be easily formed whenever the quality of determination is cultivated.

DEVELOPMENT

Our physical life is passing through a perpetual process of activity and change. This gives us the sublime opportunity of reorganizing in a more perfect way.

When we see the possessor of a beautifully developed mind and body we may realize to great advantage that we are One with the Source of the power or beauty we admire. Our admiration then becomes a form of ideal suggestion for ourselves.

As the mind and body are constantly in the making, we can develop the qualities we most admire.

The true system of development is one of balance, and it takes into consideration the well being of the entire life. One very significant and valuable feature of the new method of Life Building herein offered, is that it discloses that we may all class ourselves in the formative period of life, and train for higher development.

DREAM

Our day dreams are purposeful and scientific as we realize that they are ideal patterns for fulfillment, and that the power is within us to do as we dream. This form of day-dreaming is really a work of spiritual construction. It is a visualization of that which will be made manifest in our lives.

Our dreams at night are beautiful and illuminating as we bring a more perfect coordination between our subconscious and our educated desires. This can be accomplished by persistently seeking to express all desires in

the most sublime way. This is known in Psycho-Analysis as sublimation.

EARTH

By right thinking, the whole earth can blossom like a rose, worthy as an abiding place for Gods. Appreciate the earth, bless it; praise it. It is one of the heavenly planets. Let us all realize the full significance of the prayer, "Thy kingdom Come. Thy Will be done on *earth* as it is in heaven."

Let us have our heads among the stars, and our feet squarely on the earth. The very ground beneath our feet is sacred. On the earth we may live lives of power and triumph; on the earth, we may renew our youth, regenerate our bodies and live in God consciousness.

Man to-day is mastering the air; he is enjoying the earth, and also extending his dominion to the heavens.

The earth is for man's service, yet his consciousness may reach everywhere as it unfolds more fully.

ECONOMY

Economy represents wise use. The ideal

economy is based upon equity and wisdom. It is based upon the realization of abundance for proportionate and purposeful expression.

For intelligent, discerning giving, the Infinite Source is available. This is as true of our finances as it is true of our vital expression.

There is boundless life for wise use and expression. It is true economy to freely give that we may freely receive. It is true economy to live life abundantly that we may be in tune with the Infinite, and enjoy its limitless circulation of plenty.

EDUCATION

True education is from within; a constant drawing out or *educing* of an inner sense of knowing. In this connection we may remember Browning's statement. "Truth is within ourselves."

The entire process of educating children is gradually being changed as the realization grows that education is drawing out the essential ability of the child.

The ideal education is vital, training one to live. It vitalizes all with life-giving affirmations and exercises.

The vital significance of education is grasped as we realize that life is a perpetual college. All days are educational days and all years educational years. Each individual may logically realize that he is now and continuously in the process of education.

EFFICIENCY

Efficiency in the light of the new life philosophy is of an inspired and constructive quality. It is concerned with the maximum of good in all production and distribution and for all concerned.

It uses all available energies wisely, and looks persistently for new channels of power and service. The highest efficiency is the product of a knowledge and use of the finer powers of mind. Under its influence, one dips deeper into the subconscious treasury of stored up knowledge and energy, and reaches up for light, life and inspiration to the super-conscious realms.

In the new and inspired efficiency, present and possible habits are compared for their relative value, and the habits making for the highest standard of life are invariably chosen.

This efficiency also prompts one to such methods and order and organization as will be most helpful with all rules, plastic enough to permit of wise reorganization.

Take such words as intelligence, service, activity, initiative, versatility, originality, inventiveness, organization, magnetism, good-will, co-operation, wisdom, truth, love, life. Single out these words, and other similarly appropriate, and think out earnestly in what way the full application of the principle involved would help your business, your home, your social and family relations and so forth. Study and contemplation of this kind will reveal a world of opportunity for the practical exercise of one's efficiency.

ENERGY

Energy is power in activity. We can richly increase our energy by realizing our oneness with the great, central power-house of the universe. In this way, we will greatly intensify our consciousness of power, and express it as energy in thought, word and action.

Many marvel as they witness unusual display of energy in certain people who appear to

grow more refreshed as they work even to an extraordinary extent. Such men contact inner sources of power. Let us remember that in running we manifest after a while the phenomena of second wind.

We have all experienced the fact that a new and sudden interest awakens our latent power expressing it as quickened energy. The man who understands his true mental and spiritual resources will express energy at will, and his possibilities in this direction will progress with the years.

ENTHUSIASM

Enthusiasm is a quickening and enlivening influence. It is the spirit of youth and power. The vital force of enthusiastic thought and emotion gives a wonderful power to carry any enterprise or achievement to a successful issue.

The term literally means to be permeated with God-force. This gives the key to the method of its attainment. Learn to be richly conscious of the divine force everywhere present, with which you are essentially one.

ENVIRONMENT

Through the New Psychology of success, our

environment or surroundings can be ideally pleasing and satisfying. The mind is the cause of our environment. Our thoughts and activities relate us to corresponding surroundings, and the Law of Attraction, operates to bring us into ideal environment or to exercise a transforming effect upon the present environment.

Our environment is, therefore, primarily a mental condition and only to a secondary degree a physical condition. Physical conditions are mind manifestations. When we speak of environment re-acting upon us, it is really the operation of the power of the mind.

As we form a consciousness of beauty and power, of vitality and constructiveness, we shall find ourselves in environments that are as natural to our refined and wholesome tastes as the perfume is natural to the rose.

The initial change to a change of environment is a change of mind.

ETERNITY

We are living in eternity here and now. The more we become conscious of the present

reality of eternal life, the greater will be our entire range of powers. The statement of the Nazarene, "To know God is Life Eternal" is pure science. We should seek to live in the complete consciousness of life, of life abundant and of life forevermore.

This being eternity now, it is now that we can enter into its joys and privileges. In all our anticipations, we can then look forward to a perpetual and happy unfoldment of life's powers.

EUGENICS

Eugenics is the science of producing ideal offspring. The true eugenics is spiritual and inspired as well as efficient.

Marriage of the new order embodies and preserves the spirit and romance of courtship. The eugenic marriage is also purposeful and scientific. The participants of an ideal marriage have thoroughly studied the preparation for true parenthood. They understand the subject spiritually, mentally and physiologically.

The children of such eugenic parents have a natural, acquired tendency to health, ability, genius and power to live. They are naturally

joyous and buoyant in spirit. They are irresistibly attracted to the good, the true and the beautiful.

EXPECTANCY

Expect the good, and think and act consistently with this expectancy. We are bringing into our lives the conditions we expect. To understand this we must realize that it is our habitual or predominant expectancy that acts as the drawing power.

Expect happiness, love and good fortune to manifest and at the same time gain the power that comes from the realization that the boundless good is a present and divine reality.

EXPRESSION

Expression is a pressing forth of the divine energies latent in the life. Life evolves and unfolds as we express more of our inherent powers. We are to open up and cultivate channels through which the divine power may be made manifest.

This indwelling divinity may be expressed as life, radiant, full and free; it may be expressed as love, pure, wise and constructive;

it may be expressed as joy, light-hearted, shining and splendid; it may be expressed as wisdom, clear, luminous and God-like; it may be expressed as youth, buoyant. resilient and unfolding; it may be expressed as Beauty, glorious, exquisite and divine; it may be expressed as Abundance, opulent, lavish and generous.

FAITH

Faith is the quality of mind that grasps the interior good which it finds through spiritual perception. It accomplishes this in advance of physical evidence.

The substantial nature of faith is expressed in the statement of St. Paul, "Faith is the substance of things hoped for." Faith is an inner method of positive evidence.

Faith releases abundantly the inner energies, and it is a sublime healing power. A life filled with faith heals self and heals others. This might power also brings plentiful supply. The healing power of faith extends to all departments of the life.

Faith is so divinely natural, that when one exercises to the full the degree of faith he finds

immediately available, it unfolds surely to the full degree that is required.

FREEDOM

Freedom of the highest type is the happy result of attuning one's life in harmony with the divine principle of being. "Ye shall know the truth, and the truth shall make ye free." The pure and perfect freedom can be attained which constitutes "the liberty of the Sons of Gods."

In true freedom we are always well, always young and always happy. We also delight in the fact that others are entitled to their freedom.

The freedom of the truth is fully consistent with the highest standard of conduct. In freedom, our goodness is of a positive and constructive order.

Vital freedom is freedom to live and to radiate life more abundantly as the seasons come and go; it is freedom to live in the conscious possession of eternal life here and now.

FULFILMENT

Fulfilment is the sabbath day of realization.

Realize that the time is at hand for the realization of the most beautiful conditions that have ever been prophesied. Let us realize this is the glad here and now.

Life's joys are indeed realizable, and fulfilment signifies to fill the cup of life and joy full. The full awakening and use of our spiritual energies make fulfilment possible. The richest desire and dream can and will be fulfilled as we learn to use the mighty power of constructive affirmation and manifest it in inspired activity.

GENIUS

Genius, the ability to do something with originality, distinctiveness and sterling worth, is a latent or active power in every individual. This is another of the beautiful, significant facts brought to light in the new psychology of life.

The simple recognition of this fact brings a world of power into activity. As the consciousness of the truth of inherent genius reaches the white heat of realization, an inspiring sense of ability and power follows. One has courage and confidence to undertake the

really great things, and an infinite patience to give to the simple but insistent requisites of success.

Recall to mind that one can achieve all that he *adequately* conceives, and also that life is continuous birth, and it is possible for you to be a *born genius.*

It should also be clearly understood that one is to freely permit the dynamic force of affirmation to inspire to all essential activity.

There is also an inner study of the culture of genius. This is one acquirement of the art of turning water into wine. In other words, it is the art of transmutation, whereby the power such as is involved in creative association is individually or mutually directed toward the cultivation of specifically suggested genius.

The canvas that throbs with life, the poems that lift and inspire, the oratory that awakens and thrills, are the product of conscious or subconscious alchemy.

GOD

God may be described by all the constructive words in the vocabulary of all nations and peo-

ples, and then when our consciousness is more fully unfolded we shall find more and more appropriate words. God is the Infinite Spirit of Love, Life and Wisdom. God is the Supreme Source, the Supreme Cause. God is Omnipotent, Omnipresent and Omniscient. God is all that your heart can desire, personal and impersonal, and then always infinitely more.

As you conceive God to be, so God manifests for you. God can manifest as your prosperity; God can manifest as your joy; God can manifest as your wisdom. Enter into the joy of God-Wisdom. Enter into the joy of God-Consciousness here and now. *There is only God.*

GOOD

The good is everywhere and is eternal. We conceive it in order to express it. Let your mind dwell wholly upon the good, and it comes forth to view. The Master art is thinking the good, speaking the good, breathing the good, painting the good, writing the good, singing the good and in every way living the good.

God eternally pronounces creation good. Perceive this good, and as you realize it, the manifestation of it will follow. Good health, good fortune and good-will can be assured through this perception and realization.

GOSPEL

The gospel is the good tidings of man's divine inheritance; the message of spiritual perfection, of perfect health, true prosperity and everlasting love and youth.

Each man should learn that he is a young God. Each woman should realize that she is a young Goddess.

The gospel is a revelation of complete salvation that brings freedom, purity, peace and power. It perfects our perception so that we live in paradise on earth.

GROWTH

We grow in proportion as we conceive higher ideals, think nobler and stronger thoughts, speak more constructive words, and live and exercise more constructively.

Our innermost life is now perfect, and growth is a progressive revelation of the in-

ner power. Growth represents the normal use of our forces of expression. We live in proportion as we grow.

With constantly evolving ideals, and the faith to realize them we are ever-progressive and therefore ever-young. The body will advance in power, utility and beauty when we keep the ideal pattern in Mind, and work with faith toward its physical reproduction.

Growing life is young, active, dynamic and vital. It acts in harmony with the Principle of Attraction, rising to new heights of energy and power of expression.

Here is an essential of supreme value,—the constant initiation of new cycles of life. It is in this way that we attain continuous life expression.

There is always room for growth in mind and body. There is the joy of cultivating more perfect concentration, the joy of exercising the power of memory, the joy of enriching the mind's power of intuition and reason, and the growth in poise and power. In physical expression, we have the daily delight of a new sense of power and freedom, a radiant and

glowing health, an ever-unfolding ability to make superior use of life's marvelous powers and privileges.

HABIT

Habit is the acquired facility of thinking and doing as the result of persistent repetition or depth of impression. Constructiveness of habit represents the ideal of the new psychology. Concerning habit, we have every reason for optimism. The new habits suggested by wisdom can surely be acquired. The subconscious mind, which is indeed the habit mind, is most responsive to our affirmative will.

Man's whole expression is a network, a veritable fairy-web, of habits. These may all be organized in such a way and be of such a quality that they act as a perpetual contribution to life, health, and happiness and success.

Acquire the health habit. Demonstrate the habit of being young, and young always. Express the beauty habit. Cultivate the prosperity habit.

Constructive thinking is a habit. With sufficient realization of its importance, and per-

sistent practice, it becomes easy to think in a helpful, healing, and affirmative way.

We may so shape the whole course of our habits that we build and build better as the days go by. We may also have the joy, and it is a very great one, of adapting our habits to power for service for all mankind.

HAPPINESS

True happiness flows to man, from an inner fountain, and the conditions we usually term the sources of happiness are simply the channels or mediums through which this interior reality flows.

When this basic fact is realized, there will be continuous happiness, for the interior fountain is from everlasting to everlasting.

Should you ask me "Why are you happy?" I will reply, "I am happy because God is Happiness." This supreme fact is constant, for it is Reality.

I may say I am happy because the sun shines, because the earth is beautiful, because of the love of wife and children, because of divine friendship, because of the wonder of the universe, because of books, music, poetry

and beauty. In reality, however, these are the conditions and occasions, and the Cause of my happiness ever transcends them.

The recipe for an assured happiness is knowledge of the Infinite Happiness, and knowledge of our oneness with this power.

How shall one become conscious of this oneness? Affirm and re-affirm it. Act it out as a beautiful play, and the divine assumption proves to have a solid and enduring foundation. Life being a stage, play the happy part. Smile and keep on smiling! Smiles are glimpses of Reality; sunbeams from the Infinite.

Be like a child, happy, spontaneous, free, resilient, responsive! This will give the happiness of eternal youth, which, like happiness itself, flows from the Fountain whose water will sparkle and shine and rejuvenate forever.

HEALING

Health is the divinely natural condition of every man, woman and child, and the process of healing consists principally of realizing this fact and claiming our birthright of health.

We bring our minds to the realization of the relationship we bear to the One Power, which is God, the Spirit of Infinite Good. The Spring of Health is within the individual. Health is an inherent principle of life within the individual for expression. Health radiates as we heighten our realization of the inner reality of health.

The real and fundamental tendency of the organism is toward health and well-being. When we concentrate our attention upon the reality of the inner principle of health, and think thoughts of faith, courage, confidence, optimism and love, we immediately re-inforce the natural constructive, and upbuilding forces of the system.

We can heal ourselves and also greatly help others to manifest their good health by the power of truth brought into exercise by the power of the spoken word or through the use of silent thought.

Health is manifested through the consciousness of the abiding reality of the indwelling health, and affirmation, concentra-

tion and suggestion serve to intensify this realization.

Health imagery is employed with success to impress graphic ideals of health upon the mind. The important thing is to direct the attention to the desired ideal of truth and health. We bring forth good health by permeating the mind with the health ideal and visualization. Thinking of health and talking of health or of wholesome ideals has a remarkable healing influence. The work of the healer is to induce faith in perfect and speedy recovery. This is based on the fundamental fact that each one "lives, moves and has his being" in an infinite ocean of life and health.

These ideals are conveyed to the mind in various ways adapted to meet the individual requirement. Sometimes this is accomplished by spoken words of a reassuring nature declaring freedom through the power of Almighty Truth. In many cases, the healing is accomplished through silent thought.

Because of the omnipresent nature of mind, healing is frequently accomplished by telepathic communion. Such healing is also

present healing, for we are all one and all *here* in the realm of spirit; and this is the realm of eternal health. To distinguish between healing in the objective presence and the healing beyond the objective presence, we may term the latter omnipresent, or super-present healing.

The successful practitioner thinks health, talks health and expresses health, and all affirmations are realized with deep feeling and sincerity. Some people are more responsive to treatments in a religious expression, and others to treatments expressed in scientific form. It should be kept in mind that true religion and true science are one.

True healing is profoundly educational, and draws out or educes the latent health which the healer invariably perceives to be divine reality. Such healing elevates the character, inspires the mind and regenerates the body. When one is educated to know the reality and resources of the inner self, his mind is filled with the courage and confidence that perceives good health as real, and fully anticipates the speedy manifestation. In many demonstra-

tions of healing, there is a steady process of building up the life forces as the new ideals of truth and life are grasped and assimilated, and all life habits are attuned to the constructive ideal. Healing is accomplished most quickly and effectively when deep and fervent emotions of wholesome quality have sensitized and quickened the subsconscious mind to respond to the healing words. Light fruit diet, or complete rest from food for the time being are frequently valuable aids to health demonstration.

Claim health as the unfailing birthright. There is a health principle within us which is perfect. Realizing this fully, the body quickly responds to our vitalizing thought and causes the inner health to shine forth radiantly.

HEALTH

Health is a splendid expression of wholeness, youthfulness, purity and power. All may freely enjoy it through the consciousness and expression of life, which the new life philosophy reveals. As essential to this achievement, all thought, words and other actions are made

constructive, vital and harmonious. Live naturally, vitally and spiritually. The state of perfect and permanent health inevitably results from attunement and alignment with the Principle of Life.

In the perfect health attainment to be practiced, there is joyous, spontaneous, exercise, happy play and zestful work, wholesome, vital, fragrant, natural food, deep and attuned breathing of pure, bountiful air night and day, abundant air, sun and water in which to bask and bathe, child-like relaxation and sound sleep, thought, words and deeds of love, and hearts aglow with the glory of God consciousness.

HARMONY

Harmony is the rhythmic response of outer life to an inner sense of serenity and relationship. Harmony tranquilizes, rejuvenates and beautifies. A thought, word or deed of harmony will frequently transform an entire situation. Note the effect anywhere of the entrance of a person of poise and harmony. The effect is often magical.

Each individual, truly related, is a note in the cosmic harmony. To be harmonious is, therefore, to enter into universal relationship and power. It is to be "in tune with the Infinite."

There is a harmonious solution to every problem, and every problem affords a divine opportunity. Attune yourself to the heart of Being, and you will find *the* way.

HEAVEN

Heaven is the realm of the pure ideal, the en-heavened or lifted up consciousness. It is within every man and every woman and will surely be brought to light and expression as this consciousness unfolds. "The Kingdom of God is within you," says the Nazarene. Therefore the one thing to do is the *live to express it.* The Kingdom of Heaven is like unto leaven which a woman hid in a loaf," says the Teacher. Therefore heaven is a permeating power, which working from within will transform all outer relationships.

"Thy Kingdom come; Thy will be done on Earth as it is in Heaven."

Heaven is now within us; to live in heaven let us continue to live on Earth, where the entire Christian world is daily asking that Heaven may come.

Heaven is love, joy, eternal youth and glad, happy service right now and right here on earth.

ILLUMINATION

Spiritual illumination is the state in which the mind is enlightened by joyous perception of the divinely beautiful realities of life. It is the true sunlight of consciousness streaming from the innermost Spirit of us. Earnest aspiration, devoted love, happy meditation, the practice of the Silence, and the joy of practical service in the consciousness of the One Self are the means through which it may be realized.

Illumination is for radiation. One lets it shine forth outwardly. The light we possess is the light we give out. With aspiration for more light, generously use the light found accessible now, and all the light that can be used will stream forth in splendor to illumine your life, and the life around you.

INFINITE

The Infinite is the ever-powerful, ever-present and ever-abounding realm of Spirit. In new thought philosophy, God is often spoken of as the Spirit of Infinite Good. For the word Good, one may, according to the aspiration of the moment, use such words as Love, Life, Intelligence, Energy, Wisdom, Joy and other words which signify the Principle of all that we desire to attain.

Supreme optimism comes to the one who realizes that the Infinite treasures are open to him. Abundant life is available in every form of good desired. He looks to the Infinite Source, and the channels open up with divine, naturalness through which his good flows to him.

I AM

The words *"I Am"* are sacred as the divine name, expressed completely as *"I Am That I Am."* This is the name of God.

Many people realize a more dynamic and positive power in affirmations based upon the Absolute or "I Am" than in statements expressed in the relative sense of becoming. For

example, "I Am *Life*," "I *Am Wisdom*," "I *Am Joy*."

To understand this fully, realize that the affirmation is one of perfect truth concerning the real self, and that the ideal or model is lifted up to view for the purpose of actualizing it.

We must clearly understand that *reality* is synonymous with eternal perfection, and what we know as the *actual* represents the embodiment of the ideals represented in unfolding consciousness.

I

The term "I" is usually employed to designate the *actual person* speaking. In the practice of absolute affirmation one uses the "I" in speaking as the real individual "in the image and likeness of God." As we continue to speak from this plane of consciousness, the qualities of the real "I" or individual are made more and more manifest in the personality.

IDEAL

The ideal is the pattern in the consciousness of what we are to be, to do and to attract. As

our ideals correspond more with the real and perfect, the actual conditions of life will be correspondingly transformed. We progress by advancing our ideals, and pressing forward with calm determination to realize them.

As the artist centers his mind on the model whose face or form he is to depict, so the attainment of the ideal consists of our concentrated attention upon the ideal.

Cherish the ideals of health, of happiness, of youth, of success. Be absolutely confident of their fulfillment. By causing our ideals to increase in power and beauty, our incentive and ability to live will grow accordingly. The world is primarily transformed through a change in the ideals of the people.

Ideal people and ideal environments are also attracted as we hold these ideals in mind.

IMAGINATION

Imagination is the master power of visualization or picturing out of ideal desires, and living in the consciousness, for the time being, of their reality. Through this power one unfolds and grows to an Infinite degree. The

right use of imagination makes men Gods and earth Heaven. All joys and all abilities follow the appropriate exercise of the power of imagination and the activities which the constructive imagination brings to fulfillment.

Through this power, one can rebuild his body and express health to the most inspiring degree. Radiant beauty can be realized, and also eternal youth of an ever-ascending quality. One can be original and creative, and express these qualities in superb discoveries and inventions.

Character can be molded; destiny can be made; success and fortune are assured through the genius of imagination.

Imagination is a most substantial force with power to make and remake the things about us. In due time, the cities of our nation will be absolutely transformed by the power of constructive and applied imagination. Every man, woman and child will be rich, healthful and happy.

Our principal home will be in the air in flights of joy and safety. Our homes upon the earth will be of an entirely different character,

adapted to the new world, which divine imagination is creating in the hearts and minds of men. Country and City will be married, so that all homes and gardens will be spacious. In the new world every eye will sparkle with life and joy; every heart will be happy and full of praise; each body will be a fitting temple of the indwelling spirit.

INFLUENCE

Strong individuality, purity and wholesomeness, cleanliness of purpose and strength of love nature are natural factors which will give us a most helpful and constructive influence *with* others. We see men and women whose influence with others is of a magical nature. They quickly create interest, attention and co-operation. This is a most valuable quality to possess, and may be used for the welfare of all.

INSPIRATION

Inspiration may be a welling up of stored up impressions from the subconscious treasury, sometimes singularly blended and co-ordinated through the natural processes of subconscious,

deductive reasoning. Inspiration may also be an influx of divine ideas from the Superconscious on Subliminal Mind, of an original, creative quality. In the world's history we learn of seers, poets, artists and musicians who were inspired, and their lives should simply remind us that inspiration may likewise come to us in its most sublime degree.

All may attain inspiration who truly aspire for this power. All have free and full access to the Supreme Wisdom. Aspiration opens the way, and faith releases the power of divine influence. Thinking true to principle, and entertaining only constructive ideals, and imaginations, we are living and practicing the Inspired Life.

One important essential is training one's mind into true states of receptivity. The ideal mind is receptive or expressive at will. When we open our minds to lofty thoughts and feelings, we are attuned to the Intelligence which is the Supreme Source of Inspiration. The usual sources of inspiration are simply conditions varying constantly in nature. The primary requisite of inspiration is to first at-

tune ourselves in conscious at-one-ment with the Source, and the conditions most appropriate for the fulfilment and expression of inspiration, will follow in an inspired way.

INTUITION

Intuition is the inner perception which prompts us to do the wise things at the wise time to give to life the highest degree of happiness, development, service, health, power and protection.

The subconscious department of mind and the superconscious realm both play their part in our intuitions. The subconscious intuitions, welling up from the stored up experience of the individual, from subconscious vision, telepathy and deduction, may be called impressions. They are psychic in nature, and most frequently concern people, events, things, conditions, travel, enterprises, etc.

The intuitions which reach us from the Superconscious concern principles of action rather than specific modes of action. These intuitions prompt us to stronger, finer, and nobler lives. They point to thoughts, words and deeds of love and wisdom.

Intuition of this order aids the soul's unfoldment to heights of spiritual understanding. We can well appreciate this as we perceive that all true education is from within.

Subconscious intuition or impressions are frequently of a highly protective order. The subconscious mind is the constant protector of the life both in its supervision of the chemistry of our bodies and through its powers of clear seeing and telepathy. The subconscious mind has powers of vision which enable it to perceive the inner trend of events, and with its perfect deductive reasoning, it is able to carry this trend to its logical conclusion. This is practically equivalent to reading the future. True reading of the future is a fine perception of the present, supplemented by the subconscious power to follow the resulting conditions through accurate deduction.

This power can be organized with extraordinary rapidity to meet conditions of supreme importance. In these facts, you will see that there is a perfect psychology of safety and protection. Your life can be secure at all

times. One may always be protected as well as always well.

The necessary impressions may come in moments of reverie, when one is on the threshold of consciousness, in the twilight regions of semi-wakefulness, or they may come in dreams or visions. If the occasion is imperative enough, the entire conscious activity of daily life, may, for the time being, be laid aside in favor of the protective impression, and the quick, inspired action.

These subconscious impressions may protect us in all social and business affairs, as well as giving ideal protection for the body.

The protection may be of a subconscious character or one may have a dream, vision or other psychic impression of a conscious character to render perfect protection.

An inner sense of intuition may subconsciously guide us in right paths; we can take the right step at the right time; when reason is illuminated with the inner intelligence.

In other words, the perfect action of intuition can give us full protection in a silent, subtle way, while our minds are concerned

only with constructive ideals, plans and activities.

Our intuitions should be honored, and our intellect and reason should also receive due honor. We can cultivate a state in which these are perfectly co-ordinated. Intuition and reason can go hand in hand, ever leading the way to greater love, life and liberty.

JOY

It has been scientifically demonstrated that abiding joy is a life-engendering power. Joy vitalizes the blood, harmonizes and heightens the activities of all functions, and increases the life instinct and the capacity to live. It is, therefore, a valuable factor in the perpetuation of life, and in maintaining the essential conditions of eternal youth and beauty.

The power is within us to be radiantly joyous. Affirm its divine naturalness, and its influence will soon pervade you. Center your mind upon the idea of joy, and realize that your life is an expression of the Infinite Joy. Say with Peter Pan, "I am Joy! Joy! Joy!"

In the divine realities of life, in the wonder and beauty of the universe, in the knowledge

of our interior powers and resources, in glorious expression of love, and of service, we have a sure foundation for abundant joy.

KINDNESS

The quality of kindness in every thought, word and deed fills the world with love, happiness and beauty. Let us realize the sacred kinship of all life, and kindness will become a constant habit. Ask, "What is the loving thing to do?" Fill the days with activities of a kind and helpful character. Every moment presents the opportunity.

KINGS

Each soul will ultimately grow to know its own majesty which it possesses through relationship to the Infinite Glory and Power. In true majesty, we realize the royal nature of others as well as ourselves. In an ideal democracy every man is a King and every woman is a Queen.

LOVELINESS

Loveliness, is love-likeness, and, therefore, the way to express loveliness is to consecrate oneself to a life of love.

LIKENESS

As the latent power of the oak tree is in the acorn, the divine image and likeness is in each individual. The exposed and unexposed photograph films or plates look exactly similar previous to development. The exposed film, however, has the latent image as the process of chemical development later proves, revealing the image clearly.

Realization develops the latent image of God in man. The process of developing the divine life constitutes the drama of perpetually unfolding consciousness. A spiritual view of man discloses his potential divinity.

The external world is life's kaleidoscopic stage. Wisdom prompts us to look within for the causation and the eternal realities.

Because the divine likeness is implanted in the depth of life, it will forever unfold, and more and more the outer man will manifest as he is inwardly planned and designed by the master architect. He will express himself as he truly is, a being of wisdom, joy and everlasting life.

LIBERTY

True Liberty is the freedom found in harmony with the law. Liberty is so fundamental to life that it is most appropriately linked with life itself in the constitution. Liberty is ever dear to the heart, and we are to manifest "the liberty of the sons and daughters of God."

Perfect freedom is found in loving, spontaneous conformity with the law. Truth gives the one perfect key to freedom. "Ye shall know the truth and the truth shall make ye free."

LIFE

In absolute truth, Life is synonymous with Love and God. In the relative aspect, it is God's manifestation through all the activity of nature.

The evolution of life has now reached a stage in which it is scientifically possible to live forever. Life will manifest only ever-increasing power when man consciously co-operates with life in the process of change and growth by continuing to initiate new cycles of development, lives in harmony with his spiritual, mental and physical being, and lives regeneratively.

It is a glorious thing to be conscious of abounding life and to know that one is in soul, mind and body alive forevermore. Life, in this realization, becomes joyous, vibrant, radiant, inspired and free.

To attain this realization, the mind is filled with happy thoughts of life, and ever-increasing health, youth, beauty, success and efficiency. One lives to love, and loves to live. All thoughts, all words and all acts are made constructive. The perfect language is spoken exclusively, and only this language is written.

Pure, wholesome food only is eaten, with the realization of perpetual life in view. The diet will be mainly fruitarian. Nuts will constitute the meat portion of the meal, and are made easily digestible by the perfect degree in which one masticates them.

Foods in their natural state will be mostly highly appreciated and freely used, and the foods found most desirable and palatable in this natural state will be realized as constituting the most appropriate food for eternal youth.

All such meals are to be delightfully and attractively served as efficiency in this particular is most essential to the keeping up of the good practice of fruitarianism.

As one grows in the joy of life consciousness, his breathing becomes naturally deep, regular and rhythmical, so that a minimum of attention to this culture secures the highest results.

Happiness in work and play is most helpful. In work, the constant desire and will to excel gives great zest and power. Every day should be beautified by practical evidence of the play spirit. Spontaneity and joy in exercise is a most important consideration. Outdoor dancing is extremely ideal for this attainment.

Homes should be organized with life-building in view. Sun-bathing facilities in rooms or gardens, outdoor bathing pools and fountains; outdoor sleeping conveniences are special features. The doing of the very best under present conditions of living is the main thing, and keeping the higher ideal constantly in view. Happy marriage between true lovers,

living in understanding and practice of regenerative principles is an important consideration in the attainment of perpetually rejuvenated life. The constant attitude of the regenerative lover might be expressed in such words as the following, "Because of my sincere and devoted love for you, my every thought, word and act directed to you is dedicated to your perpetual life, health and youth."

Life develops new and exquisite possibilities under the regime of eternal youth practice. Living becomes a constant delight; one awakens to greet each morn with happy, child-like expectancy.

The various exercises promoting the expression of eternal youth are gradually built into the daily fabric of life so that they give more time as well as greater energy to meet all essential tasks and pleasures.

The love of life and the will to live should be cultivated to the highest degree of power. "Live and let live" should always characterize this achievement.

LOVE

Love is God. We literally "live, move and have our being" in Love. Love creates all life, and sustains all life. Love is the fundamental reality of all life.

Through understanding, the force of love can be used in a purely constructive way. Our growing, universal love will enlarge and enrich our power and practice of personal love. We will love all, and concentrate our love where the highest intuition and wisdom, and the good of all directs. Universal love will therefore, increase personal faithfulness and love, by giving a higher quality and power of expression in all devotions.

Even as the power of love directed to generative expression produces offspring and perpetuates the race, so the power of love directed to regenerative expression is productive, and produces mutual rejuvenation of youth and energy.

Love is far more than a beautiful sentiment; it is the most practical and important force in the world. All other forces are expressions

of this one fundamental power of love. When love is united with wisdom, it will reveal the earth as a paradise.

Love is the elixir of life, and gives supreme healing and rejuvenating power. The ideal thought of regeneration is in mutual love; so that the loving will to regenerate is directed toward each other.

MAGNET

You cause yourself to be in relationship with whatever good you desire by centering your thought of unity and faith upon it, and then like an irresistible magnet you draw this good thing or condition in your life. In this advanced level of consciousness, your desire is always to draw your very own good to you, and you are always glad to help others to attain or retain their good.

MAGNETISM

We all admire the truly magnetic man or woman, the genuinely attractive individual. The magnetism may be identified as having a permanent quality, and that is equally satisfying and lasting to all concerned. The

greatest secret of magnetism is real, loving interest in everybody and everything. Love is the supreme source of magnetism. A life fully illumined with love, will draw all men, all power, and all conditions desired.

MAN

Man is a being, one with God in his innermost reality, gradually perceiving and unfolding this divinity as his consciousness is extended. Man is now becoming God-conscious.

Man is also reaching the place in his evolution where he consciously and individually evolves. This is conscious or volitional evolution. It enables him to express new and wonderful powers, and to perpetuate his life in ever-increasing power, attractiveness and usefulness. Man rises to perfect confidence, courage and optimism as he discovers his true relationship to life and its Source. As he realizes his inherent powers, he gains at-one-ment.

Man and woman in wise and happy unity with each other and in mutual realization of their unity with the Supreme Source of Life,

Love and Wisdom become as God and Goddess, the true Super-man and Super-woman.

Mastery is the wise, free and full use of every faculty and function. All the beautiful promises of the Bible apply to those that overcome. "Greater is he who rules himself than he who taketh a city." The power is inherently within us to attain to true mastery. New Thought shows us the way to true self-mastery by concentration on the noble emotions, the wise, strong, loving thoughts, the health, youth, love, wealth and power to be expressed. Mastery through wise expression is the keynote of New Psychology. By daily affirmation, systematic activities of a helpful, constructive order, we gradually learn to control our emotions, select our moods, to rebuild the body in health and strength, and even to control our environment and heredity. The true thought of mastery is admirably expressed in the terse, wise exclamation, "I can, and I will."

AFFIRMATIONS FOR MASTERY

I earnestly aspire to express the nobility of self-control.

I am determined to be the master of my moods.

I am resolved to be constructive in my thoughts.

I am conscious of an ever-growing poise.

I am calm, serene and confident.

I am daily growing in courage and power.

My power of will is steadily increasing.

I am the master of my habits.

I gladly initiate new habits.

I am open to new thoughts and new impressions.

I glory in the daily exercise of my constructive will.

I am determined to be original, vital and versatile.

I will persistently look on the joyous side of life.

I invite and express strong, loving, helpful emotions.

The Divine Spirit inspires in me a serene faith.

I face the future with a courageous mind.

The power is within me to be truly efficient.

I think, clear, strong, creative thoughts.

I will persistently guide my emotions into life-giving channels.

I take joy in simple, natural, health giving exercise for mind and body.

I radiate sunshine to everyone I meet.

My memory is growing stronger year by year, and day by day.

I delight in exercise and nourishment for my memory by daily learning and vital facts.

My interest in life is growing stronger and stronger as the years go by.

My will to live is invincible.

I am gaining clearer perception, stronger, keener, reasoning power.

I transmute my creative energies to regenerate life.

I radiate harmony, love and confidence to all.

I realize that every function of life is sacred and worthy of honor.

I breathe deeply and harmoniously of pure, abundant air.

I will make all my words express the one hundred per cent constructive life.

MIND

Mind is universal intelligence, and is also universal substance. It includes everything

and is everywhere. The Universal Mind is God. The individual mind is a gradually intensifying center of consciousness, manifesting in embodiment proportionate to its development. In early development, the individual feels itself a separate creature. As consciousness evolves, it finds common interests, and operates more and more co-operatively. In highest evolution, the individual mind realizes at-one-ment with Universal Mind.

What we know as matter is mind in various forms of crystalization. The difference between a crystal or a rock and the nervous system of mind is one of degree only. The more active, awakened, and complex forms represent more intensified consciousness.

In a study of the mind, we divide it for convenience of thought analysis into three great departments, which we term:

The Subconscious or Subjective Mind.

The Conscious or Objective Mind.

The Superconscious or Subliminal Mind.

The Subconscious Mind represents all those phases of mind below the surface of consciousness. It is the storehouse of all im-

pressions and memories, from those in the comparative fringe, foreground or twilight to those in the deepest archives. It builds and rebuilds the body, and is responsive to the suggestions of the conscious mind. The Conscious Mind represents the immediate range of consciousness, coming in touch with the outside world through the medium of the five senses. In all objective affairs, it is the mind of initiative and inductive reason. It is therefore, the suggester and thinker.

The Superconscious Mind, as applied to Individual Mind, represents all those phases of mind power above the normal range of consciousness. As applied in the Universal sense, the Superconscious Mind is God, everywhere present, all powerful, and all knowing.

The Subconscious Mind is the seat of habit. It has charge of the functions to which we usually refer as involuntary. Because of the responsive or amenable character of the subconscious mind, our functions can be influenced by the conscious mind. For example, we can persistently suggest to our conscious mind, by means of affirmations, visualization, etc., the

idea of perfect and permanent health until this idea is strongly enough established in the subconscious to influence all functions to operate in harmony with the suggestions given.

The subconscious mind is the architect, the builder and the chemist of the body. As a chemist, it can elaborate in its wonderful laboratory everything that the body needs for its highest welfare and protection, with the conscious mind working in harmony to this purpose. With right mental attitude and harmonious, hygienic co-operation, it can at all times build a young, strong, healthful and beautiful body.

The subconscious mind is the storehouse of memory, and its memory is perfect. Development of the art of recollection or re-collection as we may term it, enables us to use this memory in more perfect degree. The subconscious mind is the seat of the emotions, and is, therefore, most deeply impressed by the power of suggestion or realization when the emotions are awakened.

The subconscious mind reasons deductively, and its power for such reason is perfect. It

is essential that the conscious mind supplies correct premises or inductions, as the subconscious accepts the suggestions; reasons them out to their logical conclusions and acts upon them. The subconscious mind functions through the solar plexus and sympathetic nervous system. Some modern authorities claim that the pituitary body at the base of the brain, an organ the size of a large pea, is the chief seat or office of subconsciousness. This is in agreement with some very ancient writings in which this organ is claimed as the seat of the soul. Our lives are very much influenced by the fact that the subconscious mind is such an extraordinary impersonator. Thomas Jay Hudson, in his "Law of Psychic Phenomena," elaborated this idea in an interpretation of the possible sources of spiritualistic manifestations.

The most remarkable application, however, of this law of subconscious impersonation is in recognition of the fact that the particular part we play on the stage of life is due to constant subconscious impersonation, and that we have the power by conscious suggestion to play more and more perfect roles. We may interpret the

law of life manifestation as passing through the successive stages of perception, desire, will, assumption, impersonation, personification, and embodiment. This demonstrates that we can gradually learn to be just what we desire to be.

The Superconscious Mind is Infinite Intelligence and our conscious minds are just learning to glimpse its glory, power and grandeur. We enter upon the joys and divine privileges of superconscious life through aspiration, meditation, silence, love and worship. The Superconscious Mind is above the boundaries of time and space, and as our consciousness rises more and more into realization of its reality and power, we will demonstrate and manifest more and more of freedom, power and beauty. Only good will be perceived, and consciousness of life will be blissful. We will perceive the great realities of life, and life will be transformed into forms of divine strength and exquisite loveliness.

To see how divinely simple the pathway is to this attainment, we just realize that God, the Superconscious, is the Principle we know as Love, Life, Joy and Wisdom and shape our

daily thoughts, words and deeds in accordance with the Principle by richer loving, more abundant living, by greater joy consciousness, and more liberal exercise of wisdom in pure, constructive thinking and activity.

MANIFESTATION

The objective plane is the realm of manifestation, the inner plane representing the plane of causation. Inherently we have Wisdom, Love, Life, Power, Health, Joy, Peace, for in essense and substance, we are one with the Source. Our work is to bring the principles into manifestation.

The more our minds dwell on the divine Principle, the more perfectly do we manifest it in wise, loving, powerful, joyous life.

We are here to manifest Spirit; to differentiate, elaborate and extend life into form. When we discern the perfect and divine foundation of life, our manifestation becomes increasingly satisfying and beautiful.

Understand clearly that we are here to manifest life, and manifest it more abundantly. We are to manifest ever more of the quality and quantity of life in physical expression.

The essential purpose of life is the sublime work of making God visible and manifest in every sphere of our lives.

MEDITATION

Meditation is an exercise of quiet reflection on some deep theme, and frequently of a spiritual character. Its purpose is to gain greater light on the chosen subject, and to gain a deeper sense of realization of its truth.

Meditation is a blending of many of the qualities of concentration and the Silence. It combines in some degree the qualities of both attention and receptivity. Its action is more diffused than concentration, for while direct concentration is aiming of thought at a definite mark, meditation gives one considerable liberty to gently incline to various aspects of the subject over a wide field, and also to explore in an easy reflective way, any associated subject.

It is, however, a more active state of the conscious mind than the Silence. The Silence is a state of pure receptivity. It usually follows the affirmation of some ideal, or statement of divine principle, which serves as a keynote.

The three exercises of concentration, meditation and the Silence, might be practiced in succession. Twenty to thirty minutes devoted to this daily would be of rich value, spiritually and mentally.

For meditation, choose some theme of interest and worth; a text from the Bible, a quotation from Emerson or other literature, or a single word like Wisdom or Love.

Let the mind gently rest upon this subject, and it will gather many interesting viewpoints, and a sense of rest, poise and power from the quiet reflection.

MEMORY

Once we realize that the subconscious mind is the storehouse of memory, and also that the subconscious is responsive to our conscious suggestion, we have one important key to perfect memory. From these two ideas, we clearly see that memory can be immediately accelerated by faith and confidence in all suggestions and realizations.

When we further understand that the memory of the subconscious mind is perfect, we see that our faith and confidence is fully

justified. With this poise and faith, recollection will serve us efficiently. The perfect memory of the subconscious is the foundation, and our knowledge and faith, enables us to more readily re-collect the impressions.

It also aids recollection to file away impressions clearly by exercising the faculty of attention. Another aid is to file away important impressions with a number of associated ideas, so that there are many avenues of recollection. A proper system of memory and recollection has been compared with a perfect cross index system, where, in a library for example, there are alphabetical lists of authors, titles, topics, etc.

Living a wholesome, poised life is essential to true memory expression.

One very important point is to seek to recollect only essentials. Our memory power will serve us admirably when we keep the mind clear and free. Remember the things worth while. Concentrate on the good, the true and the beautiful.

MIRACLE

The events we know as miracles are superb

instances of the operation of natural and spiritual law. They are achieved by use of powers which are inherent in all.

They are orderly in character, and in perfect harmony with the principle of life. The miracles of healing are being repeated to-day as in the days of the Nazarene. The beauty of the miracle of to-day is in its simple and sure unfoldment when the right principle is understood and exemplified.

Jesus healed in accordance with scientific principles. According to His own word, greater works were to be accomplished than His own.

In a true sense, life itself is every day a divine miracle, and the marvel and beauty of it all will grow upon us forever, as we perceive more and more of its divine origin and trend.

NATURE

Nature is the universe, or, we may say, the force actively manifesting in the universe. We think of Nature as Mother, and artists paint her as a beautiful woman. Nature is, therefore, symbolized as the divine Feminine, an ideal which is always seeking expression in our

religious forms.

Pantheism teaches that the Universe is God. God is, however, infinitely more than the visible universe of nature.

Living close to Nature is one of the great essentials of perfect and permanent health. The ideal should be to advance with Nature, for we may combine the advantages of civilization with the simple, natural life by giving some special attention to the subject.

Thinking happily, speaking constructively, acting wisely, breathing effectively, exercising heartily, eating natural foods, proper bathing in sun, air and water all are Nature's own elixirs.

NEW

Emerson says, "In Nature, every moment is new." When we are fully conscious of newness, that is, when our subconsciousness is fully permeated with this understanding, our lives will readily reflect this newness. Our thoughts will be renewed and radiant, our words will be fresh, invigorating and inspiring, and the body, will be pure, new and vital. Life will be filled with zest and versatility.

The molecular renewal of the body makes it new. To manifest this newness in youth and freshness, it is essential to renew and re-educate the mind in correspondence with this renewal.

"Every morn is a new beginning," someone has said. Affirm in the most inclusive sense, "I am new, new in soul, new in mind, new in body."

The perfect statement of newness is recorded by St. John, "Behold, I make all things new."

The constant renewal of life gives the perfect opportunity for nobler reconstruction. Think of the law of change constructively as the divine opportunity to build in correspondence with the most happy and beautiful ideals.

OPPORTUNITY

Opportunity is here, now. There is opportunity to think clearer, stronger and with more optimism; there is opportunity to speak more lovingly; more constructively; more wisely; there is opportunity to act more vitally, more creatively and more effectively.

The man who exercises initiative will find abundant opportunities for advancement. They are all about us when we use our full powers of perception, desire and will.

Wake up fully to the idea that your opportunities are right in the present. Embrace them with confidence and courage. Have the, "Do it now" spirit, and the spirit of "I can and I will."

There are opportunities to apply constructive psychology to your art, work or profession. A new standard of excellence is set, and a new efficiency brought into being.

There are abundant opportunities to increase personal efficiency, personal talent, personal magnetism.

The essential thing is a vital awakening, a glad and hearty response to the clarion call to inspired opportunity and service.

OPTIMISM

The New and Practical Psychology has sometimes been defined as Scientific Optimism and as Organized Optimism. It reveals the value of optimism and demonstrates clearly

why we have reason for optimism.

With a realization of the resources of the mind, our inherent abilities, and our powers for their expression, we have a secure foundation for optimism. When we understand the nature of the divine life as Infinite Love and Wisdom, and our relation thereto, our optimism is forever assured.

Scientific and organized optimism is the quality of optimism that sees the inner power and opportunity, and proceeds to organize the outer life in a practical way to correspond. Scientific optimism is both well founded and practical in application.

Smiling, radiant faces, conscious of power to win for self and for all humanity are the sublime prophecy of a happy state upon this earth.

Following two lectures given before the Los Angeles Division of the National Sales Managers' Association, one by the author of this book, April 22, 1914, on the "Psychology of Success," and a second lecture by Mr. Robert Armstrong, also of Los Angeles, a most interesting proclamation of optimism was made

by H. H. Rose, then Mayor of the City of Los Angeles.

PROCLAMATION

"WHEREAS, the people of Los Angeles have reason to rejoice in the richness of their material blessings, in the super-abundant yield of orchard and field and vineyard, in the achievements of the past, in the spirit that has built a great and marvellous city, in the imagination and daring that have reached out to the distant sea for a harbor and the more distant mountains for a water supply; and

"WHEREAS, only optimism should prevail in a land so beautiful and bountiful, among a people the greatness and prosperity of whose future is assured.....therefore the people should take a new grip upon their confidence and persist, as they have heretofore, in radiating courage, happiness and the spirit of success:

"NOW, THEREFORE, I, by virtue of these conditions, proclaim the week of June 1, 'Prosperity Week,' and urge all citizens to adopt the wise, healthful and remunerative creed of

cheerfulness and to join with all good will and faith in the great and prosperous business of smiling."

"H. H. ROSE, Mayor."

Hundreds of thousands of tags bearing the following creed of optimism were printed and distributed to business firms. More than a half million stickers were printed for distribution on packages and deliveries. Ninety-thousand tags were given to children alone by the Sales Managers' Association.

The words of the creed follow:

"I believe in Los Angeles and her people.

"Prosperity belongs to us here and now.

"Commerce, Industry and Nature are ready.

"I am full of the spirit of optimism and radiate prosperity.

"I smile every day."

OPULENCE

Opulence suggests success and prosperity in a beautiful and well-rounded degree. It is valuable in a real sense when there is an underlying richness of mind and spirit. True opulence is elegance of exquisite simplicity.

Rich and radiant thoughts springing from a mind conscious of the Infinite Abundance, are magnets to attract opulent and prosperous conditions.

Concentrate on the opulence of Nature, the opulence of the sky, the opulence of the stars, the opulence of the sun, the opulence of the air, the opulence of the ocean, the opulence of the fields and woods and flowers, and claim your own birthright of opulence as the child of opulent Nature.

PEACE

The true peace is one of poised power. Such a peace is absolutely constructive. It is peace with honor and victory. It is the peace of divine principle. To live in peace, nations like individuals should progress. The life urge forever moves on. When we move on with it we find harmony and power in our unfoldment.

Work with the life currents. Find the inner center of life, and be poised and centered. Dwell mentally upon ideals of vital peace. Realize that true peace is from within.

To fill the life with a sense of peace, realize that the divine power is supremely powerful and supremely beneficent. Breathe deeply and rhythmically as you meditate upon the spiritual reality of peace.

PERCEPTION

Perception is usually defined as the identification and classification of a sense impression revised by the associated ideas concerning it, already in memory. According to the New Psychology, man will ultimately attain such perfect and co-related development of his subconscious or subjective powers and his objective or conscious powers he will have an instantaneous and perfect perception of the fixed laws of nature. By spiritual or intuitive perception we discern spiritual principles of life and their relationship to the illumination and rejuvenation of our lives.

PERFECTION

The principle of life is absolutely perfect. The outer life can manifest this perfection in relative form. Outer perfection is relative because Infinite Perfection of Principle is pro-

gressively realized and manifested in eternal growth by our consciousness.

Progression and growth naturally imply relative perfection in expression.

POISE

Mental poise is an inspiring combination of peace and power. It springs from a realization of inner power to meet all conditions with serene strength. Constant poise of the highest quality must rest upon a sound philosophical basis. This will come as we realize more and more the supremacy of mind. A divine calmness permeates the mind with this conviction.

Physical poise is one of the essentials of perfect health. When the body is held in the right poise, all organs are in right adjustment and position. Circulation is free and natural. The nerves act freely and easily and in order. In sitting and standing, working or resting, see that the spine is erect and natural, the chest expanded, the respiratory organs free to do their perfect work with abundant room and opportunity. Walk with poise, and talk with poise. Let poise be one of the beautiful and

distinctive features of your life. Be determined to manifest it in a perfect degree.

POWER

We are permeated with latent power which we can convert into dynamic force when occasion requires it. The source of true power is within. Life is a joy and privilege when we recognize that we can consciously connect with the Infinite storehouse of power.

A new interest, an inspiring thought, a visit from a loved friend, reinvigorating us with a sense of gladness, power and rest proves to us that we have power to draw from when the subconscious call is made.

As we learn to know ourselves better, we will have such faith and confidence in the Power within us and surrounding us that every thought and emotion will be inspired with courage and strength.

In electricity, we turn on the switch, and the connection is made, that brings the electric current into force for light or power. We can connect with the Infinite Power-house through connecting our consciousness by real-

ization of oneness, and power will flow to us to meet every situation happily and victoriously.

PRAYER

Prayer in the highest sense is conscious communion with God, realizing the unity of God and man, and giving glad recognition and praise for the good underlying and ensouling everything, everywhere.

Prayer is a dynamic power to fulfil itself. The prayer of faith is a positive healing power.

Prayer is a substantial, practical way to start every enterprise or undertaking.

All life is praying in some degree, for praying, essentially, is desiring. Each tiny life prays in some way, according to development. The prayer grows more powerful and scientific as one prays understandingly.

Prayer should be sincere and spontaneous. It is the spirit of the prayer which gives it power for fulfilment.

PRINCIPLE

The Principle of life is divinely perfect. In

our relative life, we are growing as we learn to live closer to the divine Principle of being.

At any time, we can refresh our minds in turning from the relative manifestations of life to be conscious of the reality of the Divine Principle. As we dwell upon the perfection of the Principle, that constitutes our real Being, we can act with greater inspiration and power to exemplify the principle in corresponding harmony in the outer world.

The mind that concentrates and meditates on the Perfect Principle of Life receives inevitable poise and power. There is born a divine assurance that all is well within, and this can be harmoniously manifested.

PROSPERITY

By following the principles of practical and higher psychology, many have found the way to true prosperity. Many affirm that since they have entertained these ideals that they have become literal magnets to attract prosperity.

Confident expectancy of prosperity, living in the consciousness of wealth, and thinking, talking and working in the right way, are all rich psychological aids to prosperity.

One step in the attainment of prosperity is to live in the mental atmosphere of prosperity. Thinking large, rich, generous thoughts will help greatly to accomplish this purpose. Associating with prosperous people and receiving their mental atmosphere is often helpful. Prosperity communicates itself to those who are receptive to it.

To prepare the way for prosperity, one should practice a system of self-building. Build the quality of individuality and personality that creates or invites success. Make yourself attractive, vital, magnetic, through wholesome living, sincerity and right thinking.

Visualize prosperity in all affairs. See yourself in mind surrounded by evidence of plenty. See yourself doing your ideal work and receiving abundance. Accompany these mental pictures with prosperity affirmations.

The following are examples. Get right into the spirit of them. Affirm them strongly, earnestly and enthusiastically.

I am prosperity.

I attract prosperity.

I radiate prosperity.
Prosperity is my birthright.
My success is assured.
My supply is plentiful.
I am one with the Source.
I manifest riches.
Wealth is mine.
I think prosperity.
I talk prosperity.
I breathe prosperity.
My prosperity is inevitable.
Prosperity is for me here and now.

PSYCHOLOGY. The New, Practical and Constructive Psychology

Psychology is the science and philosophy of the mind.

Abstract Psychology is an account of the phenomena of the mind, their laws and classification.

New Psychology is a term used to designate the scientific aspects of the movement popularly known as New Thought. It represents the laws of the mind as they apply to the attainment of health, happiness and success, and the

unfoldment of mind, soul and body.

Applied Psychology is the new and practical psychology as definitely applied to the immediate and practical affairs of life. The essential feature of the new, practical and applied psychology is the demonstrated idea that power is within the individual, by understanding and directing the subconscious mind and by conscious relationship and communion with the superconscious mind to build and rebuild life in mind, body, character and destiny in accord with chosen ideals.

QUALITY

Constructive psychology enables one to live a life of superb quality. The desire and will to excel in our thought and activities become habitual. It gives greater knowledge, enthusiasm, inspiration and efficiency, and through these powers, we stamp the impress of sterling quality on all we think, say and do.

Wholesome and sunny moods, and intelligently directed thinking will soon raise life to a nobler standard. We may make life a fine art through wise thinking.

Our work will be of a success inspiring quality as we unfold the higher consciousness. The quality and the quantity of life are truly abundant as we live in affirmation of the highest and act in correspondence.

REALITY

Reality in a metaphysical sense represents the perfect and eternal. The phenomenal world is designated actual, and is subject to constant change and development as consciousness rises and expands.

It is uplifting and inspiring to meditate upon the supreme reality of the good. Life, Love, Wisdom, Joy, Power and Beauty are realities.

The more we discern them and claim them as real, the more do they outwardly manifest in our lives.

Turn to the realm of the real. Worship at the shrine of the eternal good and perfect. Permeate your mind with the consciousness of pure Reality, and life radiates in strength and loveliness.

God is the Supreme Reality of the universe, and all are parts of this Reality.

REALIZATION

The purpose of all spiritual and mental exercises such as silence, meditation, concentration and visualization is to deepen one's realization of the truth.

The more we think life, talk life, breathe life, and the more we realize the presence and power of life everywhere, the more perfectly can we express life.

The purpose of treatments for oneself or for others is to awaken or heighten the realization of health.

"Life is real; life is earnest." Health is real; youth is real; love is real. As we realize this, we have power to actualize these conditions.

Technical perception of a truth should be developed into vital appreciation and glowing realization of the truth. Realize with ardor, earnestness and enthusiasm.

RECEPTIVITY

To balance life, and perfect growth to the highest degree, times of pure receptivity are essential as well as times of positive expression.

The highest form of receptivity is directed by a spiritual keynote silently affirmed by the individual, which makes him a magnet to attract the wisdom, life and beauty which is in harmony with the keynote. Such receptivity is selective receptivity. Your life is freely open to all pure, noble, healthful, beautifying and spiritualizing influences.

This is the ideal way in which one becomes "as a little child."

When life is balanced in receptivity and expression, the highest unfoldment is assured. We take our happy places in the great University of Life. We are student-teachers, giving and receiving.

REGENERATION

The regeneration or rebirth of the mind and body can be realized through practical psychology, spiritual science and appropriate attention to the law of the physical. The regenerated body will express perfect and permanent health, and perpetual youth and beauty. The regenerated mind will be pure, strong and brilliantly creative and optimistic.

Food is a valuable regenerating influence, the keynote of rejuvenative diet being naturalness. This is best obtained in fruitarianism.

Water is also a means of physical regeneration. The body is composed of over seventy-five per cent water. Supply this water in a pure and vital form, and in appropriate quantity, and it will aid in the expression of perfect health.

Distilled water, when perfectly aereated, is useful. The very generous use of fruit serves to supply the fluid required by the body in a most perfect form.

Let us take sunlight for example into consideration as a regenerative influence. First let us think of the sunlight of pure Spirit with its golden radiance and joy imparting life and power. We may also think of mental sunlight filling the mind with new and fertile ideas and inspiring to renewed endeavor, and as pure happiness and optimism.

Supplementing our spiritual and mental sunshine we can bathe the body frequently in sunlight. Triune sunlight, spiritual, mental and

physical will be a rich aid to our regeneration.

Air baths for the lungs and for the whole body will also serve as a rich, regenerating influence.

Exercises will also yield a greater purity and strength to the body. One may readily blend exercise of mind and body, and in joyous exercises expose the body to air and sunlight.

In the customary religious significance, regeneration means being born again of the spirit. This is frequently termed conversion. Regeneration in biology signifies the process by which certain creatures, such as lobsters, star-fish, snails, etc., are enabled to replace lost parts of their anatomy. A lobster grows a new claw for example.

Regeneration in Creative Science signifies the process by which the sex forces are so intelligently conserved and expressed that the individual life is perfectly renewed and natural immortality thus attained.

Creative regeneration in single life consists of directing awakened life energies to the renewal and fertilization of the brain and other higher centers of the body. Regenerative re-

sults in the individual and the stamp of genius in his product are accomplished by directing this power to art, music and spiritual development. In this way, creative force is conserved and also expressed in sublimated form.

Creative regeneration in perfected marriage, where the participants are spiritually, mentally and physically mated, consists of such complete communion of being that the characteristic life force of each is perfectly radiated and blended.

In regenerative communion the participants definitely and mutually agree to direct their love and creative energy toward their united regeneration.

Spiritual regeneration is attained through realization of oneness with our Source, or communion in Silence with the Universal.

Man is the perpetual embryo in the womb of Mother Nature, and conscious of her love and willingness to yield all the vital treasures of her being, may grow, evolve and regenerate eternally.

REJUVENESCENCE

Rejuvenescence is growing young again. In

cellular rejuvenescence, the cells exchange nuclear substance, and are thereby made young and vital again. Two cells of similar need are attracted together and are either re-polarized through simple contact, or the nucleus of each cell is drawn to the surface at the point of contact, and gradually blends until there are two cells with but a single nucleus.

Then the nucleus again divides, and the cells gradually draw apart again, and are fully re-juvenated.

Under right conditions of mental attitude, hygienic habits, and creative thought and practice, man can rejuvenate himself and literally grow young again. "His flesh shall become fresher than a child's; he shall return to the days of his youth."

RELATIVE

The relative world is the world of objective relationship and physical manifestation. While the absolute represents *being,* the relative represents *becoming.* All things relative are therefore developing, growing, advancing. The relative is the actual life or the life perceived through the medium of the outer perception.

We differentiate between the absolute and the relative, the real and the actual, because we desire to correctly distinguish between the Power and Principle which is "the same yesterday, today and forever," and the passing phenomena.

To raise the quality of the relative, we perceive the real; we meditate on the Beauty of the Absolute, the Glory and Power of the Infinite, the Love and Joy which are God.

Time and space are relative. The individual who communes with the Infinite transforms the relative so that perennial youth and radiance are expressed.

RELAXATION

Through the most perfect degree of relaxation, we offer to Nature the perfect conditions for renewal of the body following our zestful activities.

Giving oneself with a glad freedom to rest constitutes real relaxation. Let go with the ease and simplicity of a child. Watch a baby relax and follow its example.

A sense of trust and confidence in life, the realization that all is well, invites perfect re-

laxation. Live in the thought of the good, of the power and supremacy of the good, of your oneness with the good, and it becomes simple to relax.

RENEWAL

Nature is constantly renewing the body. In thirty to sixty days, the softer tissues, molecule by molecule, are changed. In less than a year, even the harder bones change. At a rate according to relative density of structure, the body is ever-changing.

When we renew the mind with new thoughts, ideas and emotions, we can direct this renewal along lines of constant betterment. Thus we are heeding the inspired word, "Be ye transformed by the renewing of your minds."

Through faithful practice of life culture, the young can constantly renew their youth, and youth may be perfectly regained where one makes a truly adequate regime for this purpose.

Under the perfect conditions, the renewal will be of a most complete order. Eyes, hair and teeth will be renewed. The contours of

the face will be perfect in youth; the face fair and smooth; the complexion as exquisite as a rose; the form will be upright and strong; the steps elastic and buoyant. The mind will be renewed, and powers of memory, concentration and reason will grow with the years.

REPOSE

The cultivation of repose is a rich contribution to health, youth and vitality. When we perceive the true source of power, we gain poise, harmony and repose. The most efficient activity is that which combines great strength with the expression of perfect repose.

A deep consciousness of our inner resources will greatly strengthen our power of repose. The conviction that we can draw upon these resources gives us faith and we work with a conscious of deep ease.

Heaven is pictured by many as a place of perfect rest. Heaven is a state of consciousness made manifest in happy, zestful and reposeful activity.

REST

The most perfect rest is attained when ex-

ercise and relaxation are wisely co-ordinated. At night we rest best by turning our activities entirely over to the subconscious and superconscious intelligence, assured of full protection and perfect rejuvenation.

Variety in exercise is one valuable aid to rest. Fill life with interest and versatility.

By thoroughly resting certain faculties of the mind in exercising or giving attention to others, we invite nature's regenerating forces to have full sway. Restful activity is very closely associated with the expression of eternal youth.

The idea of eight hours' sleep a day is excellent, and sometimes more is wise when the work is more than the play. Eight hours of each balances life in an admirable way.

We gain wonderful rest from certain thoughts. Calm assurance and trust give peace, poise and power to the mind. The knowledge of the reality and the relationship of the Spirit of Infinite Love, Life and Wisdom refreshes, heals and restores.

RESURRECTION

True living is a perpetual resurrection, a

constant awakening and arising to the increased livingness of to-day. Every day is Easter to the one who is initiated into the teachings of the new life. The more that we include within the area of our attention, of the good, the true and the beautiful, the more we extend our consciousness. This extension of consciousness is a richer, fuller livingness.

Before the Nazarene had entered upon his three days' sleep, he had appointed the time of his awakening, and he rose accordingly.

Before you sleep at night, you can affirm the exact hour of your awakening. This is constantly being accomplished, and everyone has done it many times.

When one sleeps at night with the affirmation of a happier and more radiant dawn, confident of awakening with freshness, newness and confidence, this is an ideal preparation for the daily Easter. Every move is a resurrection morn when each evening's sleep is hallowed with heavenly suggestions of love, goodwill and life abundant.

While the conscious mind is blessed with rest, the faithful subconscious keeps perfect

watch, giving the life perfect protection and active renewal.

Scientific sleep is a psychological chrysalis out of which we may emerge refreshed, transformed and beautiful.

RELATIONSHIP

The real law of relationship runs deeper than our usual conception of relations, such as mother, father, brother, sister, son, daughter, wife, husband, etc.

One who believes in the fact of re-embodiment will readily see the largeness of the idea of relationship. Well may one ask the question, "Who is my neighbor?" and "Who is my father and mother?"

As we think of the spiritual principle of life, and our place in the Universal Being, we see that all humanity is related. In the highest sense, relationship is so perfect, there is in reality only one life.

Our relative or objective relationships are determined according to the Law of Attraction. We attract into relationship who and what we organize consciousness to relate with. There is

an inner something that brings every individual into your life with whom you have contact or relationship.

In the highest stages of consciousness, our mental attitude will be of an order that will bring into our sphere of life those who will be a delight to us because of the service we can render them and because of the service they can render us.

We will attract loving friendship, harmonious people, people of distinction and worth. We outwardly attract what we are inwardly related with.

We will love and enjoy those we term our blood relations and we shall also realize with Emerson, "One circulation rolls uninterruptedly through all."

The brotherhood of all will be realized in the highest degree through consciousness of oneness with all.

SERVICE

Service is the highest word in the psychology of success and efficiency. The constant question, "How can I render a more effective serv-

ice to my fellow man?" will give true advancement and nobility of character.

Happiness and success are found in power and beauty of service. There is a larger and richer way in which we can all serve. Cooperate to help the world forward, to bring the latent Heaven into expression on earth. Let your service be imbued with the spirit of loving kindness and the highest wisdom.

The practice of happy affirmation has always a richer application and force when it is directed to life, power and health with the definite will to thus serve humanity the more effectively.

SILENCE

One of the beautiful and helpful exercises used by metaphysicians is that of the Silence. It means the complete receptivity of the whole being to the Divine Life. The outer senses are quieted through mental and physical relaxation. The entire attention is then directed to spiritual realities. One is seeking to *be* rather than to *do* at such a time. In the highest state, one enjoys the supreme luxury of pure

being, in consciousness oneness with the Infinite.

In the Silence, one turns the attention from things to pure principle. One thinks of Love rather than of loving people, and similarly of Life, Joy, Power, Wisdom and Beauty.

There is no desire in the Silence to see phenomena of any kind, psychic or otherwise.

The Silence is entirely devoted to the sublime realization of the Infinite Life and Love in which we live, move and have our being.

The Silence is a state of selective receptivity. One is receptive only to the influx of the divine. This is determined by the aspiration which sets the keynote before entering the silence. This aspiration is sincerely affirmed and the duration of the Silence is absolutely consecrated to the purpose of deeper communion and at-one-ment with Spirit.

The Silence heals without reference to healing. One enters upon a plane of consciousness where there is only health for only the good prevails, and following the exercise of the Silence one then takes up his practical work in

the relative world baptized with a new power, and illumined with a new understanding.

SOLAR-PLEXUS

The solar-plexus is the great nerve center lying almost immediately back of the stomach. Because of its importance, it has been termed the abdominal brain. By many it is regarded as the physical seat of subconsciousness. It is the most immediate physical index of emotion.

It is sometimes poetically referred to as the sun centre of the body, radiating the maximum of life and energy when it is governed by right mental attitude.

Rhythmical breathing, co-ordinated with appropriate affirmation, quickly imparts poise to the solar-plexus, and causes a sense of harmony, courage and well-being to pervade the system.

SPIRIT

Spirit is God, the Universal Intelligence especially considered in the aspect of the animating, vitalizing power in the universe. The term Spirit should always be interpreted so as to be expressive of Life. For example,

a truly spiritual man is one filled with both the quality and the abundance of life. "It is the Spirit that quickeneth."

He is one whose life is animated and quickened by the vivifying power of Spirit. His mind is radiant with life and intelligence and his body likewise manifests purity, vitality and power.

This is the Spirit world in which we are living to-day. Our spiritual manifestation of power is in proportion to the development and extension of our consciousness.

Conscious possession and use of spiritual powers and privileges are gained by increased intelligence and livingness.

To be spiritual in the most vital and inclusive sense, we think life, talk life, and in all ways seek to live to the utmost. We seek to know more about the powers that are potential within us, utilizing to the highest degree what we know as the finer forces of life.

Spirit surrounds us and permeates us. It is life of our life, and substance and essence of our being. We are pure Spirit and the con-

sciousness of this fact inspires us to power, joy and beauty of expression.

We speak the word of power and healing, and our words are richly effective in all things, as we realize with the great Teacher, "My words are Spirit and they are Truth."

SUCCESS

Success means to one, wealth; to another, health; to another, fame; to another, happiness; to another, ability; to another, love. These are simply the varied aspects of success. Real success underlies and includes them all, and infinitely more beside.

True or complete success is knowledge and wisdom expressed in the discovery and use of the real powers of our being. This would be a constant spiritual, mental and physical progress. This constitutes true success because one in this consciousness could dip down at pleasure into the well of health, power, youth, happiness and love.

There is a science of assured success. The optimistic, affirmative, constructive man, doing as well as dreaming, creating as well as aspiring, will find abundant success.

One should saturate his consciousness with success, until it shines forth and radiates in his very deportment, poise, expression, gesture and mental atmosphere. In this way, you become a living suggestion of success, and a veritable magnet to attract success in every desired form. The way to find success is to express success; the way to express success is to persistently think success.

Success is yours: accept it; express it; appropriate it. Let the consciousness of success fill and thrill you. Give thanks to the Infinite Spirit here and now for your assured and inevitable success. Say with understanding and spirit, "I am Success!"

Approach your work and all activity in the constructive mental attitude. Seek to find the more inspiring aspects of your work or the more inspiring viewpoint from which you can see your work. Regard it as individual development as well as ordinary productiveness, and you will put the success stamp on your work and yourself at the same time.

SUBCONSCIOUS AND SUPERCONSCIOUS MIND

The subconscious mind represents the planes or phases of consciousness below the normal margin of consciousness, and the Superconscious Mind represents the planes or phases of consciousness above the normal range of consciousness. The term Superconscious Mind is also used to indicate the Universal Mind including in its oneness all life, substance and intelligence.

See description under the term Mind.

SUGGESTION

Suggestion is the art of conveying to the mind an impression with sufficient power of repetition to modify the mind or life in general in correspondence with the idea suggested. Thus we may give ourselves or others suggestions of success, health, youth, joy, beauty, and wisdom, either silently or spoken. These will be successful in proportion as they are received and assimilated into the subconsciousness or seat of habit.

SYMPATHY

Sympathy of true, constructive quality is a

helpful and healing force. In true sympathy one always realizes the power within to aid, and rejoices in the truth of the effective power available.

In wise and loving sympathy one visualizes the one who is to receive and in the ideal condition, knowing the power of thought, and using it in trained power of imagination and realization. Supplementing the healing thought, every form of helpful action is used.

SYSTEM

Through an intelligent system of life and work, one can accomplish good for self and for others with greater efficiency. Have, so far as reason inspires, a place and time for everything. Always permit the system to leave room for inspiration and spontaneity.

Have some system of daily work and play, and a system of meditation and silence to develop the rich inner powers of life. Systematic effort soon produces practical results, and gives a rightful place to constructive habits. Have a system of education as this helps one to grow and develop new powers. This is essential at all stages of life.

Systematic affirmation and health activities give cumulative power, and help vitally to bring the desired demonstrations.

SALVATION

Salvation is discovery, realization and expression of the true Self. Know thy Self and express thy Self. Salvation of the complete life may be attained. In salvation, the body becomes gloriously well, the face and form beautiful, the mind radiant and brilliant, and all affairs harmonious and prosperous.

To know God is Life Eternal. The conscious realization and expression of Life Eternal represents true salvation. God is the one and only power of the universe. This is to be announced and affirmed until all consciousness confirms it.

As far as the objective life is concerned, it will change as consciousness changes, even as the pictures on motion picture screen change as the film changes.

SCIENCE

Science is classified knowledge. The science of to-day largely represents the viewpoint of

the scientist concerning such knowledge. It is *relative* science.

True science and religion are one. When religion is rightly interpreted, and science is more fully understood, we see this to be true.

Christian Science is a system of teaching aiming to interpret Christianity as pure Science, and to heal, harmonize and perfect the outer life through understanding of God and man's relationship to God.

Divine Science is the science of the One Perfect Mind, and divine scientists seek to realize their true relationship to this One Mind, and thereby to discover, realize and express their perfect health and harmony.

In Divine Science, the freedom of the truth is recognized, and every man and woman is free to voice his or her views, and to issue their interpretation or view-point in literary form.

SEX

Sex represents the positive and negative, masculine and feminine, or giving and receiving poles of life, through which creative activity is expressed.

Though fundamentally a unity, in pure oneness, life manifests in dual differentiation, to secure the joy and force of reciprocal activity and creative power.

Sex is therefore fundamental to all formation, and produces all the varied and beautiful changes and conditions of the objective world. It is at the basis of physical generation and regeneration. A wholesome understanding of sex, therefore, means a realization of absolute unity and relative differentiation. This gives wise and balanced attention to the subject of sex, and wholesome and creative expression of its powers.

The important thing about an understanding of sex is to give it its true place and honor, and to understand and express its purpose.

True unity is a communion of reciprocal souls, minds and forms. The communion gives the creative force. The mutual ideal supplies the direction of the creative power.

In ideal marriage, with pure love, and wise understanding and expression of creative powers, husband and wife can sculpture their lives in mind and form at will, expressing

perpetual health, youth and beauty, and brilliancy of mental faculty, and assure themselves of prosperity and loveliness in their environment and circumstances.

SLEEP

Think of sleep in a purely constructive way. Sleep is complete conscious rest and subconscious and super conscious activity. It is, therefore, sublime opportunity for re-construction. The thoughts, we think before sleep, have a special significance and power. Thought of life, harmony, love, goodwill, courage and faith open up the consciousness in the most perfect degree to the free and full activity of the regenerative forces.

Relax completely from the objective, and let the inner forces have full sway for the time being. Give yourself gladly and fully to sleep.

SOUL

Soul is used to describe mind, life and spirit. Special interpretation is required to understand the sense in which any author or speaker uses it.

The soul frequently signifies the present state of consciousness varying with daily change and unfoldment.

The word soul is also used to describe the subconscious mind.

Soul is also used to describe the Real Self, the Superconsciousness Being. Used in this sense, it is usually spelt with the capital S.

Frequently, in the Bible and in other literature, the word soul and life are used synonymously.

By reading the related passages of any book, it is usually possible to recognize the way in which any given authority uses the term soul.

Some would say, "Man possesses a soul." We might truly say, "Man is a soul." We may think of soul as constituting man's real life and being. Proceeding from this basis, man realizes his eternal nature. He, the eternal soul, possesses ever-renewing thought and an ever-renewing body.

SUPER-MAN

The Super-man is the one whose consciousness is so unfolded that he recognizes his one-

ness with the Universal Mind and with his fellow man, and demonstrates this oneness by his glad, loving and divinely efficient service.

All men are Super-men in the making. As we increase the area of our perception and enrich our thoughts and unfold the latent splendors of the mind and body, we grow nearer to the super-expression of power.

The super-men will be ourselves unfolded, regenerated and illumined. Look forward to individual demonstration of these higher powers and practice the essential principles now.

TELEPATHY OR THOUGHT TRANSFERENCE

Telepathy is normal and constant communication between subconscious minds. Telepathy in the form of the transference of thought to the conscious mind of another is an art to be studied and practiced.

Telepathic healing may be practiced easily when one realizes that telepathy is normal to the subconscious mind, and that it is the subconscious mind that rebuilds the body, and has charge of all its internal functions.

Think of the one you desire to help as *subjectively present.* Realize that time and space are purely relative or objective conditions. Because the one you desire to heal is present in a subconscious sense, speak the word of health or voice the healing affirmation you desire as simply as though this one was objectively present.

THANKSGIVING

Thanksgiving is the most effective form of prayer, because it is founded on the realization of our present good. It is therefore the prayer of greatest faith and efficiency. It recognizes that "Faith is the substance of things hoped for."

The affirmation of realization and thanks, offered freely in advance of the actualization of the good desired, fulfils the ideal of the great Teacher, "Pray, giving thanks, believing ye have already received."

THOUGHT

Thought is the activity of mind in perceiving, thinking and visualizing. Thought is a real force. As we see the *effect* of electricity

in light, and in moving machinery, so we see the effect of the force of thought everywhere.

The New Thought or Constructive Thought movement is based on the idea of utilizing the power of thought to direct all the relationships and conditions of life into health, happiness and success.

Thinking love, we become loving; thinking life, we become in the fullest and most abundant sense of the word, living; thinking health, we become healthful; thinking joy, we become joyous; thinking wisdom, we become wise.

Thought training is essential to cultivate constructive habits of thought, so that it becomes second nature to think in an inspiring and upbuilding way.

Thought is our most vital form of action. It inspires to all other forms of activity. Right thinking is therefore a fundamental need.

TRANSFORMATION

Through the constructive influence of thought and imagination, the outer life can be transformed into life and beauty, like the innermost life.

We can transform ourselves in mind, body, and affairs by persistently holding up the ideal to mind. The body is constantly being rebuilt. Right thinking combined with right eating, exercising and wisdom in all life habits, will enable us to rebuild the body along more perfect lines.

People have been so transformed in a physical way that one would hardly recognize them. Through true thinking, they have been born anew to health, happiness and success.

Many people by wise thoughts and activities could so transform themselves in a few months that they would look and feel ten or even twenty years younger.

As a loving, happy thought often illuminates a face, and gives it an expression of beauty, so this thought can be made a habit. In time features, contours and form can be changed and transformed.

The environment in which we live is transformed when we renew our mental attitude, or we are attracted to new environments because of our changed mental relationship.

TRUTH

Relative truth applies to facts concerning things or conditions in the actual, objective world.

Absolute Truth refers to the fixed and unchangeable principle of being. "The Truth," in the sense that Jesus said, "I am the Way, the Truth and the Life," represents the perfect and universal Christ Spirit. In the statement, "Ye shall know the Truth, and the Truth shall make ye free," The Truth of Being, or man's unity with his Divine Source, is signified.

UNDERSTANDING

Through understanding of life and its beautiful laws, we learn to master ourselves, to cultivate, beautify and enrich the mind, to make the body well, buoyant and symmetrical, and to fill our environment with comfort and charm.

Everyone should seek to possess the power of constructive sympathy and heartfelt understanding. With richer understanding, we recognize the latent good in all, and seek to bring it forth in true development.

UNFOLDMENT

Think new ideas; cherish new ideas; initiate new activities. While this is done, one is sure to be young for unfoldment and youth are synonymous. Nature gladly yields us all the life we can use in unfoldment.

Particularly should we seek to unfold our mental and spiritual powers. This is greatly helped by realizing that we are Spirit, here and now, and that this is essentially a spiritual universe.

UNITY

Unity is the state of being one. Realizing our oneness with the Infinite Mind, our oneness with all mankind and all life, we are sure to work joyously and earnestly for the good of all. The concept of unity lifts us to a high plane of thinking, speaking and living.

One with life, we know that we will always live. In divine unity, all things are possible.

UNIVERSAL

As we unfold the higher life, we become more universal in our love and interest. We love the individuals dear and near to us the

more, and also reach out to love all humanity. We realize the One Life in all and through all, and become truly universal in aim, purpose and work.

VIBRATION

Life manifests everywhere in law and order, and every form owes its nature, and contour to its rate and quality of vibration. Mind, however, is always the primary cause.

Harmonious vibration naturally implies health and beauty. Thoughts are vibratory, infinitely fine and subtle, and harmonious, positive thoughts raise and tranquilize the vibrations of the body.

VISUALIZATION

By visualizing, or exercising the art of mental imagery, we fill the mind with mental treasure. The ideal images stored in the mind, with affirmative mental associations of health, life, success and happiness, form the pattern and plan of our life. Body and mind both receive the transforming power.

Visualization is one of the most interesting forms of concentration, as it acts in a very

graphic and effective way. See yourself in sire to be. Picture yourself the embodiment of health, cheerfulness and prosperity. Believe with all your heart as you mentally enjoy these pictures that your ideals will be realized.

Visualize yourself growing younger day by day; just as young as you can be in combination with wisdom and efficiency.

Visualize yourself beautiful as an expression of the Divine should be. Visualize yourself useful to mankind, and with the visualization and happy ideal thrilling you, give it practical application in wholesome, helpful activities on the physical as well as spiritual and mental plane.

VISION

Where there is true vision, there is life abundant. When the divine ideal is lifted up to view, it draws to itself all men and all conditions for perfect fulfilment.

VISION (Physical)

Perfect physical vision is such a boon that one should seek to do everything spiritually, mentally and physical to possess it.

Here are a few rules that will be of value in the preservation of perfect and permanent vision.

(1) Realize that every second of time, Nature is renewing the particles of which the eyes are composed.

(2) Affirm, with clear understanding, "My eyes are as new as the eyes of a child."

(3) As life expresses itself in correspondences, affirm, "I am daily growing to express perfect spiritual, mental and physical vision."

(4) Make your life the embodiment of Love so that you look gently, easily, and in poise at all things and at all people.

(5) Use wisdom in the use of the eyes, alternating their normal exercise with plenty of rest.

(6) Realizing the unity of the eyes with the rest of the body, build up general health by right thinking and wise living, so that the eyes will reflect the purity and vitality of the complete organism.

(7) Have perfect faith that your eyes can and will manifest perfect vision, ease and adjustment.

WEALTH

The proper production and distribution of wealth is for both individual and social adjustment. Individual realization of our birthright of wealth, and individual visualization and activity, are all important factors. Scientific co-operation is also of great importance.

Wealth is the divine and natural order. All life is an eloquent witness to this fundamental fact. Nature is rich and generous. Opportunity and activity open the way to the possession and use of wealth.

WILL

Do new things with confidence and courage. Think new thoughts, and meet new people, and make new associations. Dare to do the great things that require thought, courage and energy.

Exercise the will in simple things and one grows to its use in all the larger things of life. The true expression of will is like everything else a matter of habit, to be gained by aspiration, affirmation and activity.

God's will for us is the *good* will in us. This will is always for life, happiness and power.

WISDOM

Through wisdom, we find the way to perpetual life, success and happiness. Daily aspiration for wisdom should be a daily exercise until it is ingrained into the very nature through constant habit.

Wisdom is the key to all treasure and all achievement. Wisdom in thinking, speaking and acting will give perfect health, radiant beauty, eternal youth, abundant wealth, perfect activity each day, and perfect sleep each night, and will give absolute protection.

YOUTH

Youth is the expression of true unfoldment. The way to be always young is to be always growing. Renew and re-educate the mind. Renew and transform the body. Renew and remold the character. Renew and beautify the environment.

Youth is harmony with the Law of Attraction. It is filling the mind with glad ideals, and working them out in happy activity. Youth is anticipation of the good; expectancy of the beautiful. Youth looks joyously forward.

Youth is for all and for all time. Its glory can be everlasting; its charm can be perpetual. It is to be realized as eternal in principle, and made eternal in practice. Thinking a new thought, one is always young. Initiating a new work, one is young, alert and vital.

Commune with the Infinite Life, Love and Intelligence. Let your life sparkle with pure optimism. Enter into the delight and ecstacy of life. Give yourself with glad freedom to life, love, laughter and song. In everything, be constructive for yourself and others.

ZEST

Life lived in accordance with the principles of constructive psychology will give a zest to life which will perfect our ability and will to live. Life will be full of meaning and purpose. When we live with the daily plan of making the Divine visible and manifest, every moment will be supremely zestful and life will be the golden joy which is the birthright of us all.

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